

**11th
Edition**

**Senior Citizens' Secretariat Celebrating
20th Anniversary 1980-2000**

Programs for Seniors

Inside:

**Valuable information for older
persons and their families**

2000




NOVA SCOTIA
Senior Citizens Secretariat

Respiratory Medication Update

For Seniors with Asthma or COPD (Chronic Obstructive Pulmonary Disease)

If you use a nebulizer to put medicine directly into your lungs, here is some information to help you understand...

Why You Should Consider Switching from a Nebulizer to an Inhaler

Nebulizers are small machines that produce a mist to carry medicine into the lungs. Some people call them "masks" because a plastic mask connected to the machine holds the mist while the person breathes in. Medicines used to treat asthma and emphysema are sometimes given in this way. It takes about 15 to 20 minutes to give medicine using a nebulizer and it takes about 10 minutes more to clean the mask and tubing so bacteria does not infect the equipment. People who use a nebulizer do not find it easy to take their medicine when they are away from home.

At one time, nebulizers were about the only way to get a medicine directly into the lungs. Today there are many other ways to do this. The newer ways involve using an inhaler (or "puffer"). Inhalers are small devices that you hold up to your mouth and as you breathe in, they put medicine into your lungs. They take only 1 to 2 minutes to use and are cleaned by simply wiping them off. They are very convenient to use and they put as much medicine in the lungs as a nebulizer. In fact, many inhalers do a much better job of getting the medicine into the lungs!

Starting in February 2000, your doctor and pharmacist will be encouraging people who use nebulizers to switch to an inhaler. Your doctor will decide if an inhaler is better for you and will choose a type that will be the easiest for you to use. This does not mean that you will have to change the type of medicine you use because all the medicines used in nebulizers are also for inhaler use. The only difference you will notice is that you can take your medicine faster; you can take it anywhere; and your medicine will cost less.



Department of
Health

An Important Notice to Becloforte Users

In September 1999, Glaxo Wellcome announced a decision to discontinue **Becloforte®** and the beclomethasone line of products (**Beclovent®**, **Beclodisk®**, **Beconase®**) from the market in Canada. These products will be available until **March 31, 2000**, allowing healthcare professionals a full six-month period to switch patients to alternative medications.

The company is aiming to improve the care of asthma patients by encouraging the use of newer and better-tolerated treatments. In place of Becloforte, physicians are likely to prescribe products like **Flovent®** or **Pulmicort®**. Please speak with your pharmacist or physician at your next scheduled visit so that he/she can review your asthma history and determine what medication is best for you.

Glaxo Wellcome has implemented an extensive communications program to support health care professionals and ensure an easy transition for patients to alternative therapies. In addition to a direct mail campaign, pamphlets have been developed for physicians, pharmacists, and patients. Healthcare professionals can contact Glaxo Wellcome for further information at 1-800-268-0324. In addition, patients can call a toll-free **Respiratory Patient Support Line (1-800-363-6713)** and have inquiries answered by a staff of registered nurses in a responsive and caring manner.

GlaxoWellcome



Message from Premier John Hamm

It's an honour to participate in the 11th annual publication of Programs for Seniors. This directory recognizes the valuable and vital contribution seniors make to building strong communities and a better Nova Scotia.

As we enter the new millennium, it is particularly appropriate that 1999 was designated the United Nations International Year of Older Persons. During a time of such rapid technological change it's important that there be constants to serve as anchors for our lives.

Perhaps the most important anchor is our families, and seniors play a crucial role in providing strength, comfort and wisdom to children and grandchildren. Seniors offer a sense of perspective that is based on experience and history - there is no replacement for this in bringing families together.

I want to congratulate the Senior Citizens Secretariat for assembling this directory. It is a resource for seniors who may need to access government programs, and offers an outlet for those who are looking for opportunities to contribute to their province.

I trust you will find the 11th anniversary edition of Programs for Seniors of benefit.

Yours truly,

John Hamm,
Premier



Chair Christie

Seniors today are a vital force in our communities. They are, in general, healthier, staying active much longer and are making important contributions to their communities through volunteer effort.

The Senior Citizens Secretariat had a successful year in 1999, the International Year of Older Persons (IYOP). We were able to raise the profile of the 120,000 seniors in this province and we have provided support for groups and organizations wishing to take an active part in IYOP events.

As we enter the new millennium, the Senior Citizens Secretariat will continue working with seniors and their organizations on programs, services and activities that are important to their quality of life. With renewed government support, the Secretariat has been provided with more resources to carry out its valuable work.

The Government of Nova Scotia has made its commitment to seniors clear. We value their wisdom, we value their advice and we want to recognize the significant contribution they have made over a lifetime to the fabric of our province and our country.

The Secretariat invites comments on this edition of Programs for Seniors. Please take advantage of our toll-free telephone number (1-800-670-0065) and the staff of the Secretariat will be pleased to provide you with assistance and information. You can also visit our web site at:

www.gov.ns.ca/coms/senior1.htm

Senior Citizens Secretariat Committee of Ministers

Hon. Peter Christie, Minister of Community Services, Chair

Hon. Jamie Muir, Minister of Health

Hon. Jane Purvis, Minister of Education and

Minister Responsible for the Nova Scotia Sport and Recreation Commission

Hon. Angus MacIsaac, Minister of Housing and Municipal Affairs

Senior Citizens' Secretariat

*In Celebration of our
20th Anniversary
(1980-2000)*

Join us this year in a variety of events as we celebrate our anniversary and millennium milestones.

Plan to attend Seniors' Expo "2000" July 14-15 at the World Trade and Convention Centre, Halifax.

Enjoy entertainment, informative seminars, special demonstrations and discover new options to help enjoy 50 plus years.

What would you like to see at Seniors' Expo?

Who would you enjoy as entertainers?

We would appreciate your suggestions.

Please call: 1-800-670-0065

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Personal Record

Name_____

Address_____

Postal Code_____

Telephone Number_____

Social Insurance Number_____

Medical Insurance Number_____

Old Age Security(Pension)Number_____

Name, Address & Telephone Number Of:

Relative_____

Friend_____

Doctor_____

Lawyer_____

Clergy_____

Social Worker or Counsellor_____

Other Telephone Numbers:

Health Department_____

Home Care Nova Scotia_____

Home Life Supports_____

Pharmacy_____

Clubs and Centres_____

Emergency Numbers:

Ambulance_____

Police_____

Help Line_____

Fire Department_____

Hospital_____

Poison Control_____

If you cannot dial the number yourself, dial "911" for an operator and say: "This is an emergency." Tell the Operator where help is needed and try to give the exact location of the emergency, if possible.

Senior Citizens' Secretariat

If you have any suggestions or questions concerning the contents of this publication, or if you would like additional copies, please contact a member of our staff at one of the telephone numbers listed:

Valerie J. White, Coordinator.....424-4649

Mary Boutilier, Secretary.....424-4737

Jane Mayer, Project Officer.....424-5874

Harold Shea, Volunteer Liaison

Toll-Free 1-800-670-0065

Our Mailing Address is:

P.O. Box 2065, Halifax, NS B3J 2Z1

Fax:(902)424-0561

The offices of the Secretariat are located on the 4th floor of the Dennis Building, 1740 Granville St., Halifax, NS. Our staff will be pleased to see you at the office regarding any matter.

Toll-Free Number For Seniors

A toll-free telephone number is available for all senior citizens residing in Nova Scotia. As a result, seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this toll-free number with any concerns or questions, and the Secretariat will be pleased to provide the appropriate assistance and information. If you live outside the free calling area (metro Halifax), call 1-800-670-0065. If you live in the free calling area(Halifax-Dartmouth region) dial 424-0065. A telephone answering machine will record all requests and messages received after business hours and on weekends or holidays. These calls will be answered promptly the next working day.

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Programs for Seniors

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Seniors' Organizations

11

Provincial

Senior Citizens' Secretariat

Legislation was introduced at the 1980 Session of the Nova Scotia Legislature which provided for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister charged with the administration of the Housing Act as constituting the Secretariat, with the Governor-in-Council having the authority to add other persons. The Ministers of Education, Culture, Recreation and Fitness were added on August 17, 1982.

The mandate of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies and programs presented by the departments of the provincial government, and by developing plans, policies and programs for and with seniors in partnership with the responsible departments of government and other provincial bodies and voluntary seniors' groups.

The members of the Secretariat include:

- Honourable Peter G. Christie, Minister of Community Services
- Honourable Jamie Muir, Minister of Health
- Honourable Angus MacIsaac, Minister of Housing & Municipal Affairs
- Honourable Jane Purves, Minister of Education
- Honourable Jane Purves, Minister Responsible for the NS Sport & Recreation Commission

The office of the Secretariat is located at:
4th Floor, Dennis Building,
1740 Granville St.

P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-0065; Fax: (902) 424-0561
Toll-free: 1-800-670-0065

Nova Scotia Centre on Aging Mount Saint Vincent University

The Nova Scotia Centre on Aging was officially opened in 1992, with a three-part mandate of education, research and outreach in the field of aging. The Centre is affiliated with Mount Saint Vincent University's Department of Family Studies and Gerontology. One focus area defined by the Centre on Aging is that of care-giving to family members, including operation of a Caregiver Resource Library.

To learn more, contact:

Marlene MacLellan, Associate Director
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway, Halifax, NS
B3M 2J6
Phone: (902) 457-6546;
Fax: (902) 457-6455



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for Life



The Nova Scotia Centre on Aging at Mount Saint Vincent University was established in 1992 primarily because of the persistent efforts of Dr. Fred MacKinnon, Director of the Senior Citizens' Secretariat from 1980-1995. He saw the need for an academic centre which could provide leadership in the field of Gerontology and be a resource to various sectors of the community.

Dr. F.R. MacKinnon Endowment Fund

On July 18, 1996 an endowment fund called the Dr. F.R. MacKinnon Endowment Fund was established at the NS Centre on Aging. The fund will advance the mandate of the Centre which is to establish standards of excellence in research, continuing education and community outreach/consultation in age related issues. Income from the Endowment Fund could be used to assist students or a specific project or other needs as determined by the Centre's Board. All contributions to the Fund are accepted as a charitable donation and income tax receipts will be issued. Those wishing to contribute to the fund should make their cheque payable to Mount Saint Vincent University and send it to the Dr. F.R. MacKinnon Endowment Fund, c/o Development Office, Mount Saint Vincent University, Halifax, NS B3M 2J6. For additional information call: (902) 457-6546.

The Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is a multidisciplinary provincial association established in 1977 to provide leadership on issues related to aging. The aims and objectives of the Association include: providing opportunities for individuals and organizations with an interest in aging to meet and share common concerns; foster networking

amongst individuals and organizations; facilitate gerontological research in Nova Scotia; and serve as a consulting body on issues related to older Nova Scotians. The Association's activities include: workshops, networking, "brown bag" educational seminars, student scholarship, educational symposium and a newsletter.

Membership is open to organizations, families and individuals with an interest in aging. For information, call Jeanette Auger, President, at (902) 585-1431 or for membership information, contact:
Membership Committee
Gerontology Association of NS
P.O. Box 952, Halifax Central
Halifax, NS B3J 2V9

Canadian Pensioners Concerned

(CPC) Nova Scotia (founded 1971 — incorporated 1974) Canadian Pensioners Concerned — Nova Scotia is an intergenerational, volunteer, non-profit advocacy organization which addresses housing, pensions and financial issues, health care, abuse, legal, transportation and other concerns affecting older Nova Scotians, their families and caregivers. Membership is open to anyone above the age of 18 years.

Ongoing activities include research and preparation of briefs, reports, publications and educational materials; dialogue with government and networking with other organizations; participation in conferences and meetings; sponsorship/ implementation of projects, forums and workshops; and provision of information on numerous topics to the public.

Publications available from CPC (Provincial) includes: "Battered and Betrayed", an information book about Elder Abuse; "Housing Information Handbook for Older Nova Scotians"; "Action Through Advocacy" — an

information/skills book, and "My Plans for Me" — an education kit about Advance Health Care Directives.

CPC's walk-in information office which provides resources and referrals is staffed by volunteers Monday to Friday, 9:30 a.m. to 4:30 p.m. (with reduced summer hours). Monthly meetings are held on the fourth Monday of each month (excluding June, July and December). For information contact:

Joan Lay, President

Canadian Pensioners Concerned Nova Scotia
Starlite Gallery, Suite 325, Bayers Road
Shopping Centre, 7071 Bayers Rd., Halifax,
NS B3L 2C2

Tel: (902) 455-7684 or 477 5151; Fax: (902) 455-1825

Community Links

Community Links is a provincial communication and support network helping rural senior organizers and volunteers/service-providers share ways of meeting the needs of older residents through their community organizations. We encourage volunteer programs and services using senior leadership and community development strategies. Our membership includes 60 rural areas of Nova Scotia through a wide range of seniors' clubs, centres, drop-ins and projects as well as community health centres and boards, resource centres and other organizations. Membership is currently sponsoring provincial & regional workshops through its health promotion project, "Community Health Partners."

For more information, please contact either:
Rev Canon Sid Davies, President or
Marilyn Worth, Provincial Coordinator
Phone: (902) 464-9558

Nova Scotia Government Retired Employees Association (NSGREA)

The Nova Scotia Government Retired Employees Association is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government. The NSGREA serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. The Nova Scotia Government Retired Employees Association has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are \$20.00.

For information, contact :

David Campbell, President, Suite 100, 800
Sackville Dr., NS B4E 1R8

Phone: (902) 865-5050(W); (902) 876-2600
(H) Toll-free: 1-800-677-8666

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Sharon Braine, Membership Secretary
Phone: (902) 865-5050

Federal Superannuates National Association (FSNA)

The Federal Superannuates National Association (FSNA) has, since 1963, been advancing, promoting, and protecting the interest of Public Service, Armed Forces, and The Royal Canadian Mounted Police retirees.

FSNA is recognized by governments, national unions, and staff associations as the organized voice for Federal Superannuates.

For more information contact:

Kenneth F. Brown, Regional Director for Nova Scotia

P.O. Box 223

Cornwallis, NS B0S 1H0

Phone: (902) 638-8783

or Fax: (902) 638-3285

E-mail: halc@ns.sympatico.ca

Federal Superannuates National Association,
Suite 401, 233 Gilmour St.,
Ottawa, Ontario K2P 0P2
Phone (613) 234-9663; Fax: (613) 234-2314
E-mail: Info@fsna.com

Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia is a democratic, non-political, non-sectarian organization composed of senior citizens clubs and councils. It is affiliated with the National Federation of Senior Citizens and Pensioners.

The Federation monitors senior citizens' programs, services and benefits and advocates for their maintenance; and works closely with the eight other major senior citizens' organizations and the Senior Citizens' Secretariat of Nova Scotia.

Our Executive meet 3 times a year with our Zone Representatives. We also hold our Annual Convention in Truro in May at Keddy's Motor Inn with a very good attendance from across Nova Scotia.

For further information, contact:

Heiner Mangles, President

Box 47, Wedgeport, N.S. B0W 3P0

Phone: (902) 663-2780;

or Edda Ferguson, Secretary

171 Coxheath Rd., Sydney, NS B1R 1R7

Phone: (902) 562-5267

Canadian Association of Retired Persons (CARP)

CARP, Canada's Association for the Fifty Plus is a national, non-profit, non-political association of Canadians over 50, retired or not.

Membership is \$15.95 per year or \$43.95 for three years and includes a spouse. Through CARP News, which is mailed to our members six times annually, we provide a national forum for the reporting of activities and projects of local clubs, groups, or seniors' organizations. CARP has many practical benefits for members including: discounts on many projects and services; savings in health care; travel, home and car insurances; hotel and motel accommodations; car rentals; etc. The list grows longer every month. For more information, contact:

Redvers F. Caaney, CARP Representative
Maritime Provinces

26 Millwood Dr., Sackville NS B4E 2V3

Phone: (902) 864-7407;

Fax: (902) 865-1313; or

CARP National Office

27 Queen St., Suite 1304, Toronto, Ontario

M5C 2M6; Phone: (416) 363-8748

Fax: (416) 363-8747

Disabled Persons Commission

The Province of Nova Scotia established the Disabled Persons Commission in order to provide a mechanism to ensure that the con-

cerns of persons with disabilities are promoted and considered, especially in matters of policy and where concerns affect several government departments. The Commission facilitates communication of information on programs and services available to Nova Scotians with disabilities. As well, the Commission reviews existing government policies and programs which relate to or affect persons with disabilities to ensure that they are appropriate, effective and reflect the needs and concerns of the community.

The Act provides a mechanism for persons with disabilities to become policy advisors on issues and concerns that directly affect their lives.

Disabled Persons Commission
2695 Dutch Village Road, Suite 203
Halifax, NS B3L 4T9
Phone: (902) 424-8280; TTY: (902) 424-2667
Toll-free: 1-800-565-8280
E-mail: dpcomm@istar.ca

Nova Scotia Advisory Council on the Status of Women

The Council was established in 1977 under the provincial Act to Establish an Advisory Council on the Status of Women. The duties and powers of the Advisory Council are governed and defined by this legislation.

The Advisory Council works to ensure that issues affecting the lives of Nova Scotian women become an integral part of the government agenda. Our work touches on all areas of women's lives, including: family life; health; economics; education; legal rights; paid and unpaid work; sexuality; violence and in particular, the experiences of women who face barriers to full equality because of race, age, language, class, ethnicity, religion, ability, sexual orientation, or various forms of family status.

**For some people,
the flu is a
life-threatening
disease.**

Are you at risk?

**If you're more than 65 years old or
suffer from any chronic disease such as:**

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Cystic Fibrosis
Heart Disease
Diabetes
Anemia
Kidney Disease
Cancer
HIV/AIDS**

**...why take the chance?
This October — and every October —
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have a flu shot.**

Produced in co-operation with:
Canadian Cancer Society Nova Scotia Division • Canadian Pensioners Concerned •
• Heart and Stroke Foundation of Nova Scotia •
• Lung Association Nova Scotia • Medical Society of Nova Scotia •
• Nova Scotia Association of Health Organizations •
• Pharmacy Association of Nova Scotia •
• QE II Department of Medicine, Infectious Diseases Division •
• Senior Citizens Secretariat •

NOVA SCOTIA
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9020000

The Advisory Council advises the Minister Responsible for the Status of Women on the issues of concern to women in this province. Issues are either referred by the Minister or brought forward by Council. Two-way communication between the Council and the Minister is vital to bringing Nova Scotia's women's concerns to the government table. To support its advisory role, the Council undertakes consultations, research and publishes reports, briefs, and recommendations.

The Council employs part-time field workers in Industrial Cape Breton, Colchester-East Hants, Cumberland County, and Digby-Annapolis. The Councils Halifax office houses a resource centre that is open to the public Tuesday — Friday, 12:00 p.m. - 4:00 p.m. For more information, contact: NS Advisory Council on the Status of Women, Suite 202, Quinpool Center, 6169 Quinpool Rd. P.O. Box 745, Halifax, NS B3J 2T3
Phone: (902) 424-8662; Toll-free 1-800-565-8662 in N.S., Fax: (902) 424-0573
E-mail: nsacsw@gov.ca
Internet: <http://www.gov.ns.ca/staw/>

Regroupement des Aîné-e-s de la Nouvelle-Ecosse

Historique et mandat

Le Regroupement des aîné-e-s de la Nouvelle-Ecosse est né lors d'un colloque tenue les 26 et 27 octobre 1994 à Halifax. Cette association provinciale est rattachée à la Fédération acadienne de la Nouvelle-Écosse (FANE) et affiliée à L'Assemblée francophones du Canada.

Mandat

Le Regroupement des aîné-e-s de la Nouvelle-Ecosse a pour but:

- De promouvoir les intérêts généraux et particuliers de la population aînée acadienne at francophone de la Nouvelle-Ecosse
- D'assurer l'épanouissement de la

population aînée acadienne at francophone de la Nouvelle-Ecosse.

- Dé'être le porte-parole autorisé de la population aînée acadienne et francophone de la Nouvelle-Ecosse.

Concrètement, cela signifie que le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les aîné-e-s tels que les pensions, les soins & domicile, la santé, etc. Mais, un regroupement ne peut faire que des revendications. Il faut également penser aux activités sociales provinciales diffuses de celles des clubs locaux. Ces activités peuvent prendre la province, de réunions annuelles, de voyages, de projets de collaboration entre les jeunes et les aîné-e-s, du publications culturelles, etc. Les possibilités sont infinies.

Adhésion

Le Regroupement compte maintenant près de 350 membres répartis dans les sept régions acadiennes de la Nouvelle-Écosse soit Clare, Argyle, Chéticamp, Richmond, Halifax/Dartmouth, Sydney et Ponquet. Le Conseil d'administration du Regroupement des aîné-e-s est composé de représentant-e de chaque région.

Pour de plus amples renseignements au sujet des activités du Regroupement des aîné-e-s de la Nouvelle-Ecosse ou pour devenir membre, n'hésitez pas à communiquer avec le bureau provincial au:

73, pr. Tacoma, Buv. 203
Dartmouth, (Nouvelle-Ecosse)
B2W 3Y6
Télé: (902) 433-0065

Seniors' Councils

In order to deal with the seniors issues common to all the Councils, the Seniors' Councils under the Halifax Regional Municipality decided to form in 1997 a co-ordinating

organization under the name "Association of Halifax Regional Seniors' Councils". The objectives of the Association are as follows:

- Form partnership and work in collaboration with organizations having similar objectives.
- Examine and discuss concerns of aging and elderly citizens residing within Halifax Regional Municipality.
- Offer advice and council to government, business and community in programs and services for the people over the age of 50 years.
- Promote and support initiatives that enhance the well-being of people over the age of 50 years.
- Share with member Councils information on all matters related to seniors.

In fulfilment of its objectives the Association organizes workshops and seminars, exchanges information between the Seniors' Councils and tries to maintain contacts with the senior clubs of the metro area.

For further information contact Secretary, Leo Poirier, Apt. 301, Alderney Drive, Dartmouth, NS B2Y 4A7
Phone: (902) 469-3907

Federal

Division of Aging and Seniors, Health Care

The Division of Aging and Seniors, Health Canada, serves Canadians as a centre of information and advice on seniors and aging issues.

Activities include:

- Providing national leadership on issues related to aging and seniors;
- Providing knowledgeable advice to the Minister of Health;
- Increasing and sharing knowledge on factors leading to better health and well-being in later life
- Developing and disseminating resources

to enhance the independence and personal autonomy of seniors;

- Working and consulting with partners (the provinces, territories, seniors' organizations and other sectors) to strengthen Canada's capacity to support healthy aging; and
- Addressing issues concerning the end of life.

In addition the Division:

- Provides operational support to the National Advisory Council on Aging and;
- Supports the later life component of the Population Health Fund.

In executing all of its roles and responsibilities, the Division promotes the meaningful participation of seniors in federal decisions and activities that affect them. The most recent publications from the Division are *The Safe Living Guide; A Guide for Home Safety for Seniors; a guide to Communicating with seniors*, and various fact sheets and newsletters.

For more information or to request free publications or a list of publications, call or write: Division of Aging and Seniors
Health Canada
Address Locator 1908A1
Ottawa, Ontario
K1A 1B4

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Telephone: (613) 952-7606
 Fax: (613) 957-7627
 E-mail: Seniors@hc-sc.gc.ca
 Internet Http://www.hc-sc.gc.ca/seniors-aines

The Population Health Fund

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians. To support this approach, the Population Health Fund has been created.

Health Canada's population health approach incorporates a life cycle framework which consists of three life stages: childhood and adolescence, early to mid-adulthood and later life. This approach emphasizes action on health determinants within a specific life stage and across the life span.

The goal of the Population Health Fund is to increase community capacity for action on or across the determinants of health.

To achieve this goal, we will support projects that facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments and the private sector to improve population health.

The Population Health Fund seeks to achieve three objectives through project funding:

- To develop, implement, evaluate and disseminate models for applying the population health approach
- To increase the knowledge base for future program and policy development
- To increase partnerships and develop intersectoral collaboration

Global priorities for Fund activities will be

established by Health Canada nationally and regionally.

The Fund is designed to support time-limited projects sponsored by voluntary, non-profit, non-government organizations which contribute to an increased capacity for action on the determinants of population health.

For more information on the Fund contact the Health Promotion and Programs Branch Office in the Atlantic Region.

Health Canada

Room 709

1557 Hollis St., Halifax, NS B3J 3V4

Phone: (902) 426-2700; Fax: (902) 426-9689

National Advisory Council on Aging

The National Advisory Council on Aging (NACA) assists and advises the Minister of Health on issues related to aging and the quality of life of seniors. More specifically, the Council:

- Reviews the needs and problems of seniors in Canada and recommends remedial action;
- Maintains contact with national, provincial and local associations, institutions, and groups involved with or representing seniors;
- Stimulates public discussion on seniors' issues; and
- Publishes reports and distributes information on aging.

The Council has a maximum of 18 members from all parts of Canada. Members are appointed for two-or-three year terms. Members bring to the council a variety of experiences, concerns and abilities.
 Phone: (613) 957-1968

The Canadian Association on Gerontology

The Canadian Association on Gerontology (CAG) is a national, multi-disciplinary scientific and educational association established to provide leadership in matters related to the aging population. A registered Canadian charity, the CAG was formed on October 15, 1971 and is a member of the International Association of Gerontology.

The mission of the CAG is the development of theoretical and practical understanding of individual and population aging through multidisciplinary research, practice, education and policy analysis in gerontology.

Our membership is a dynamic mix of people interested in the field of gerontology including health care professionals, researchers, aca-

demics, administrators, government representatives, national organizational executives, students and seniors.

In order to accommodate the extensive interests and expertise of its members, the CAG has five divisions:

- Health and Biological Sciences
- Social Sciences
- Social Policy and Practice
- Psychology
- Educational Gerontology

For more information, contact:

The Canadian Association on Gerontology
100-824 Meath Street

Ottawa, ON K1Z 6E8

Phone:(613)728-9347; Fax:(613)728-8913

E-mail:cagacg@magi.com

www.cagacg.ca

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One Voice**Canadian Seniors Network**

One voice, the Canadian Seniors Network, is a national not-for-profit seniors organization, independent of government and working to ensure that older Canadian are full and active participants in society. Through newsletters, surveys, conferences and consultations, One Voice provides a valuable exchange of information and research. Staff at the national office work with members and supporters all across Canada. They can be reached at:

One Voice

1005-350 Sparks St., Ottawa, ON K1R 7S8

Phone:(613)238-7624; Fax:(613)235-4497

or Local Contact:

Dr. B.S. Verma

43 Golf Links Road

Bedford, NS B4A 2J1

Phone: 835-8218

E-mail: onevoice.lavoix@sympatico.ca

Canadian Snowbird Association

The Canadian Snowbird Association is a national, non-profit organization created to represent the health-care, social and economic interests, needs and concerns of Canadians who travel.

Membership in this democratic group provides a united and powerful voice in the defence of rights and privileges Canadians have earned. Major achievements in improving out-of-country medical health coverage and the provision of supplemental insurance have established the Association as the pre-eminent voice of Canadian Snowbirds.

Members also benefit from many services such as travel, group tours, currency exchange, auto and home insurance and motel discounts.

For further information, insurance and services, please contact:

The Canadian Snowbird Association
180 Lesmill Road,
North York, Ontario M3B 2T5
Toll-free line: 1-800-265-3200

For local and regional concerns:

Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road,
Halifax, NS B3H 1Y5
Phone: (902) 422-2036; Fax: (902) 423-3558

Assemblée des aînés francophones du Canada

L'Assemblée des aînées et aînés francophones du Canada est un organisme national voué à la défense et à la promotion des droits des personnes, âgées francophones de le Canada. A Fondée en novembre 1992, l'Assemblée représente aujourd'hui plus d'un demi-million de personnes, âgées à travers le Canada et est devenue le porte-parole officiel. Son Conseil national réunit une personne, gée Éluée dans chacune des dix provinces et des deux territoires canadiens.

L'Assemblée:

- Regroupe des francophones à la retraite et prÈretraite
- Assure les Èchanges d'idÈes d'un bout l'autre du pays
- Entrepren des Ètudes pour favoriser une qualité de vie
- Diffuse des renseignements sur les services disponibles
- Offre des suggestions pour améliorer leur vieillissement
- Valorise les compétences de ses membres dans la société

L'Assemblée publie des bulletins d'information sur les soins de santé, les services sociaux, le logement, la sécurité du revenu et sur d'autres sujets importants pour les personnes

a la retraite et préretraite. L'Assemblée rédige des mémoires, des sondages, des études et des communiqués pour défendre les droits a une qualité de vie et pour faire connaître les besoins et les attentes des aînées et aînés. L'Assemblée d'Éfend les acquis et les intérêts de tous les aînées et aînés francophones d'un bout a l'autre du Canada.

Pour devenir membre ou pour avoir plus de renseignements, veuillez communiquer avec: Assemblée des aînées et aînés francophones du Canada

CP 198 Pointe-de-l'Église, NS

B0W 1M0

Téléphone: (902) 837-1081

Télécopieur: (902) 837-1082

Telephone Enquiry Government Enquiry Services

Public Enquiry Service Government of Nova Scotia

Public Enquiries Officers respond to telephone and written enquiries about provincial government services, programs and initiatives. The service offers a province-wide, toll-free telephone line. For information contact: Public Enquiries

Dept. of Business and Consumer Services
8th Floor, North
1505 Barrington St., Halifax, NS, B3J 3P7
Phone: (902) 424-5200; Fax (902) 424-2633
Toll-free: 1-800-670-4357

Information on the Government of Canada — Federal Government

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit our website. This is your primary access point to

the Government of Canada.

Government of Canada Programs and
Services - Toll-free: 1-800-OCANADA
(1-800-622-6232)
[Http://canada.gc.ca](http://canada.gc.ca)

Government of Canada Publications

1-800-635-7943
[Http://publications.pwgsc.gc.ca](http://publications.pwgsc.gc.ca)
Fax: (613) 941-5383
TTY: 1-800-465-7735

Seniors' Information Lines

Provincial Seniors' Information Line — Senior Citizens' Secretariat

A toll-free telephone number is available to all senior citizens residing in Nova Scotia. This means seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this number with their concerns or questions, and the staff will be pleased to provide the appropriate assistance and information.

For information and assistance, call:

Phone: (902) 424-0065;
Toll-free: 1-800-670-0065.

(A telephone answering machine will record all requests and messages received after hours and on weekends or holidays; these will be answered promptly the next working day).

Senior Info Line — VON Halifax

VON Halifax offers trained volunteers to provide information to seniors regarding the various programs and services offered in the Halifax Regional Municipality for seniors. The Info Line is open Monday through Friday, 9:00 a.m. - 4:00 p.m.

Phone: (902) 454-5755; Telephone Devisé for the Deaf (TDD), 454-6696

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Shelburne Seniors' Infoline

The Shelburne Seniors' Infoline is located in the Roseway Hospital. Telephone messages are recorded and returned.

Contact: Sandra Peterson

Phone: (902) 875-4642 or 875-3011

Toll-free: 1-800-565-0397

Seniors' Helpline/Outreach

Two telephone lines are located at the Valley View Villa in an area called "The Seniors' Centre." Seniors in need may call. The system is staffed by volunteers from 10:00 a.m. to 3:00 p.m., Monday to Friday.

Calls received after hours are answered by a recorded message and these calls are returned during regular hours. For assistance, contact:
Phone: (902) 752-8400

Sydney Seniors' Infoline

The Sydney Volunteer Resource Centre is available to answer questions from seniors in the local area. For information and referral, contact:

Phone: (902) 562-1245

General Help Lines

The following Help Lines are lay-counselling, information and referral telephone services. These lines are staffed by trained community volunteers and the service is strictly confidential.

Access Nova Scotia Centres

6960 Mumford Road

West End Mall

Halifax, NS B3L 4P1

1-800-670-4357

Fax: 424-2633

Dartmouth Centre

Super Store Mall

650 Portland Street

Dartmouth, NS B2W 6A3

Antigonish Centre

20 St. Andrews Street

Antigonish, NS B2G 2L4

1-800-670-4357

Fax: 863-7490

Kentville Centre

28 Aberdeen Street

Kentville, NS B4N 2N1

1-800-670-4357

Fax: 679-6094

Sydney Centre

380 Kings Road

Moxham Centre

Sydney, NS B1S 1A8

Phone (902) 563-3700

Fax: 563-3399

Truro Centre

35 Commercial Street, Suite 101

Truro, NS B2N 3H9

Phone (902) 693-6280

Fax (902) 893-6108

Yarmouth Centre

Centre Town Square

328 Main Street, Suite 10

Yarmouth, NS B5A 1E4

Phone (902) 742-0750

Fax (902) 742-0019

Metro Help Line

Metro Halifax

24 hours/day, 365 days/year

Phone: (902) 421-1188 (Voice or T.D.D.)

Help Line South Shore

Lunenburg/Queens Counties

6:00 p.m. to 12:00 a.m.

Toll-free: 1-589-9026

Valley Care Help Line
 Wolfville to Digby
 7:00 p.m. to 12:00 a.m.
 Toll-free: 1-825-4884

Help Line Yarmouth
 7:00 p.m. to 12:00 a.m.
 Phone: (902) 742-1331

Certificates and Identification Cards **Certificates**

Proof of Age

Many reductions and benefits are available to senior citizens. To receive them, however, you are expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your pension application form. If these are not available, other documents are often accepted to establish age.

Baptismal Certificates

The church where you were baptised may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination. They may have duplicate records.

Marriage, Birth and Death Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. In Nova Scotia, death and marriage certificates are also available.

Marriage, birth and death certificates can be obtained in person 8:30 a.m. to 4:30 p.m., Monday to Friday:

Vital Statistics Office
 1690 Hollis St. Halifax, NS B3J 2M9: or you may apply in writing to:

Vital Statistics Office
 P.O. Box 157, Halifax, NS B3J 2M9
 Phone: (902) 424-4380 (information recording); or (902) 424-4381;
 Toll-free: 1-877-848-2578;
 Fax (902) 424-0678

The fee for each wallet-sized certificate is \$20.00. Your application must contain your full name (first, middle, and last), the date and place of the event; and, in the case of birth certificates, your parents' full names (including mother's maiden name). You must also state the reason for your request.

If you require additional assistance or if you were NOT born in Canada, the Vital

Minor inconvenience today, major problem in the future...



Many people continue to put off the minor inconvenience of making a Will. But the consequences of not having a Will can be a major problem to the family and friends you leave behind.

We urge you to take action now... Your family will appreciate it. The charities you will support will appreciate it. And you will appreciate the peace of mind knowing your loved ones are taken care of. Make your Will today.

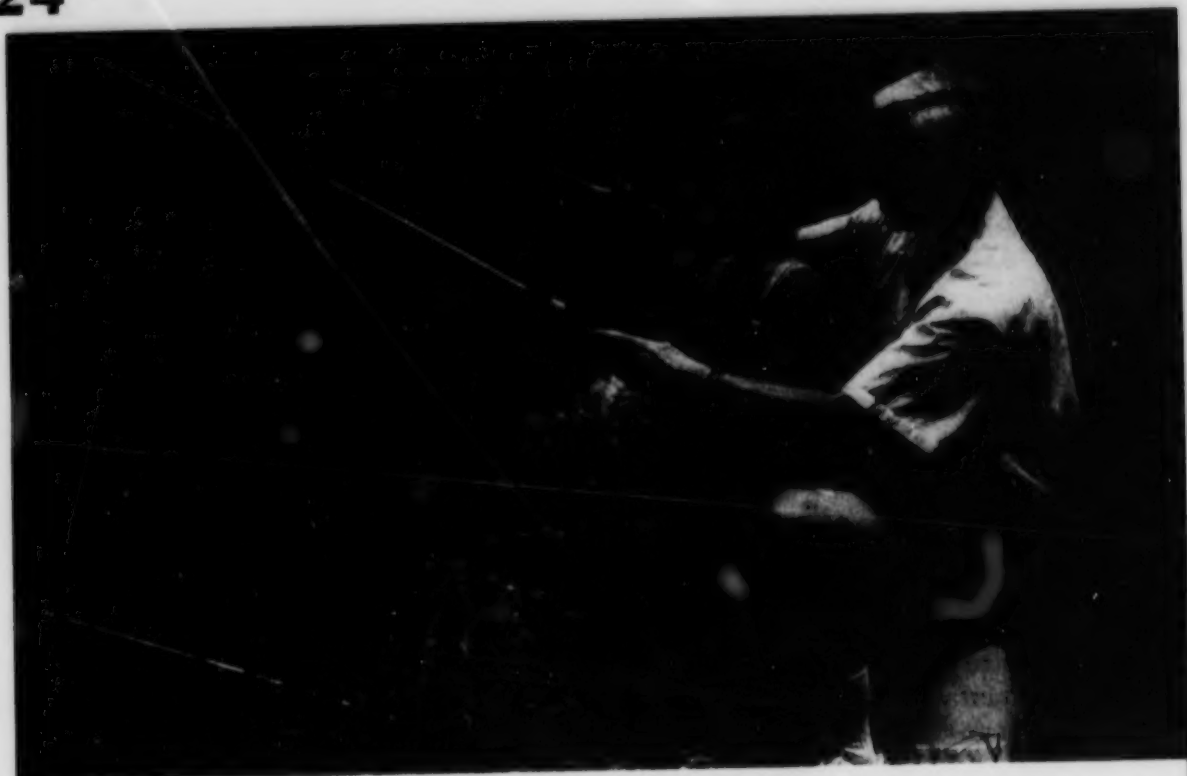


For your free Will Planner, call Arleen Stevens at **Easter Seals Nova Scotia**
 TEL: 902 453-6000



The Easter Seal Society Nova Scotia

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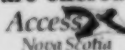


You have better things to do than stand in line.

The Province of Nova Scotia is making it easier than ever for seniors to do business with government. With convenient locations, our user-friendly centres offer extended hours, helpful staff and fast service.

-
- | | | |
|-------------------------|---------------------------|--------------------|
| • Residential tenancies | • Public access terminals | • Driver Licencing |
| • Debtor assistance | • Vehicle registration | • Photo IDs |
-

Some services are offered in communities throughout

Nova Scotia at  and/or Registry of Motor Vehicles Offices. Call our toll-free number or visit our web site to find the location nearest you.

1-800-225-8227
www.gov.ns.ca/bacs


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Fridays
55**

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Statistics Office may be able to provide you with information on where to write for a foreign birth certificate: Phone (902) 424-4381.

For further assistance, you may contact:
Income Security Programs Office
Toll-free: 1-800-277-9914; (English)
or 1-800-277-9915 (French)

Identification Cards

Social Insurance Number

To obtain a Social Insurance Card or to replace a lost or stolen Social Insurance Card, seniors can contact their nearest Human Resource Centre. The listings for these offices may be found under the Employment section of this program.

Seniors' Card

Three months after receiving your first Old Age Security Cheque you will receive a seniors' card from the Federal Government. To contact the OAS office concerning this card, call: Toll-free 1-800-277-9914, (English) 1-800-277-9915 (French)

Drivers' License

The Registry of Motor Vehicles now issues a Photo Drivers' License valid for a period of up to five years. The cost to renew a driver's licence is now \$49.00. People with special needs, including seniors, may schedule a time to renew their license rather than standing in line for extended periods of time. For more information, contact:

Phone: (902)424-5851;
Toll-free 1-800-898-7668

The Department of Business and Consumer Services is pleased to offer a photo identification card service through all of its Registry of Motor Vehicles offices and at Access Nova Scotia Centres in Kentville, Dartmouth, Halifax, Sydney and Antigonish.

Photo IDs made easy!

The process is simple. Those wanting a photo ID must present one of the following combinations:

- 1) A drivers licence plus two other pieces of identification.
- 2) A birth certificate plus two other pieces of identification.
- 3) A driver's licence or birth certificate plus one other piece of identification and a statutory declaration.

The fee for the service is \$14 and the card is valid for five years.

Toll-free: 1-800-898-7668

Passports

For information on passports, contact:

1809 Barrington Street, Suite 801

CIBC Building

Halifax, NS B3J 3K8

Phone: (902) 426-2770;

Toll-free 1-800-567-6868

Monday - Friday: 8:30 - 4:30

Congratulatory Message Service

The Nova Scotia Protocol Office offers a Congratulatory Message Service sent by the Premier to Nova Scotians celebrating 25 + Anniversary's, and 65 + Birthdays on the Internet. The following offices may also be notified requesting a congratulatory message if so desired:

- The Queen;
- Governor General;
- Prime Minister;
- Lieutenant Governor;
- Member of Parliament

Requests should be submitted six weeks in advance of the celebration. For further information, contact:

Mr. Earl Buffett
Protocol Office

One Government Place, Barrington Level
1700 Granville St., Halifax, NS B3J 2Y3

PROGRAMS FOR SENIORS ~ CALL TOLL FREE 1-800-670-0065

Phone: (902) 424-4464; Fax: (902) 424-4309
E-mail: buffetje@gov.ns.ca

Consumer Protection

Nova Scotia Department of Business and Consumer Services

The Department of Business and Consumer Services provides assistance to Nova Scotians in issues related to the marketplace, financial matters or consumer complaints.

Debtor Assistance

This division provides financial counselling to families and administers the orderly payment of debt provisions of the Bankruptcy Act. These provisions enable consumers to repay their debts over three to five years, while freezing interest costs at five per cent. Consumers are also assisted through consumer proposals under the Bankruptcy Act, which can provide flexibility in restructuring debt.

Licensing

The Department examines and licenses many business people, including agents for real estate, collection and insurance companies, cemetery and funeral services, direct sellers, mortgage brokers and lenders. If consumers are concerned that the person with whom they are dealing is not licensed, or is not providing adequate service, they should call the Department of Business and Consumer Services.

Inspection and Compliance

The Department investigates and audits the agents and companies that are licensed by the Department.

Financial Institutions and Revenue

The division regulates financial institutions such as trust and loan companies, credit union and insurance companies, and responds to consumer concerns about their practices and their agents.

Residential Tenancies and Consumer Complaints

This section is in charge of mediating tenancy complaints between landlords and tenants, whether they involve the return of security deposits, unpaid rent, the condition of the apartment, discontinuance of services or other problems.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

Condominiums are also registered with this division, and seniors having concerns about the declaration, by-laws and rules governing their units can check with this department for more information.

For more information contact:

Access Nova Scotia
Dartmouth Access Centre
Atlantic Superstore Mall
650 Portland St., Dartmouth, NS

The Gladys M. Manning Retirement Community Windsor, Nova Scotia

**Quality apartments overlooking beautiful Lake Piziquid
and the King's Meadows**

Offering dining with full table service overlooking the Valley, activities and exercise area, elevator, laundry services, several lounge areas and fireplace, outdoor patios, walking trail, local transportation.

Your rent includes two meals daily, housekeeping, linen change, heat, electricity, Cable TV, kitchenette with fridge and microwave, and the services of tenant assistant staff.

Spacious bedsitting units available (377-425 sq. ft.)

Affordable, quality retirement living!

For further information, phone **(902) 798-0441**

or write, 800 College Rd., Windsor, N.S. B0N 2T0

09062021

PROGRAMS FOR SENIORS ~ CALL TOLL FREE 1-800-670-0065

B2W 6A3

Phone: (902) 424-4188;

Fax: (902) 424-8652

Halifax Access Centre

West End Mall

6960 Mumford Rd., Halifax, NS

Phone: (902) 424-4188;

Fax: (902) 424-0711

Better Business Bureau of Nova Scotia

The Better Business Bureau receives, investigates and acts upon valid complaints regarding alleged misrepresentations and irregular practices in the advertising and selling of merchandise services, etc.; furnishes, upon request, available information concerning the business practices of firms dealing with the

public; offers a CAMVAP program which assists you to resolve disputes with automobile manufacturers; and, offers educational materials and general information to educate the consumer about the marketplace. The office is open 10 a.m. to 3 p.m. weekdays.

For more information, contact:

Louis Gannon, Executive Director

1888 Brunswick St., Suite 601, Halifax, NS B3J 3J8

Phone: (902) 422-6581 (Inquiries)

Phone: (902) 422-6582 (Complaints)

Phone: (902) 422-6583 (Charity & False Advertising Inquiries)

Facsimile: (902) 429-6457

E-mail: bbbns@bbbns.com

Website: <http://www.bbbns.com/bbbns>

(A 24 hour automated voice response system is in operation)

Yarmouth Office:

368 Main St. Suite 103

Yarmouth, NS B5A 1E9

Phone: (902) 742-2432 (Inquiries)

Death and Bereavement

Making Things Easier for Those You Leave Behind — Arranging Your Affairs

The period following a death is highly emotional. A little bit of pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you do not, it is unlikely that your survivors will be able to find these papers.

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location.



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...It's Our Commitment.

You have probably seen it by now—the phrase above our name that reads "Live Well with Pharmasave". At Pharmasave we regard this phrase as more than just a slogan. It is our commitment to provide the healthcare products, services and information that will benefit you, your family and our community the most. Visit our store and talk with our pharmacists and staff—you will see that is a commitment we take very seriously.



Live well with

PHARMASAVE

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You should include these documents in your record:

- Birth certificate
- Social insurance number
- Will
- Insurance policies
- Mortgages
- Deeds
- Tax bills
- Leases
- Debts, and
- Bank accounts

Funeral Plans

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut cost by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expense, assistance may be available through the Community Services office. If the deceased was a war veteran, Veterans Affairs Canada may also provide assistance. For members of religious organizations, you should call your clergyman first.

Last Post Fund — Veterans Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans. Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran. For more information on how to qualify for these benefits, contact: Last Post Fund, Nova Scotia Branch Suite 1003, 6080 Young St., Halifax, NS B3K 5L2; Phone:(902) 455-5283;



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TOURS FOR 2000 & 2001

- | | |
|--|------------|
| ☐ Montreal & Quebec | (6 Days) |
| Dep. June 30 th , July 18 th , Aug. 8 th , Sep. 19 th , Oct. 10 th | |
| ☐ Florida | (21 Days) |
| Dep. Jan. 19 th & Feb. 13 th | |
| ☐ Florida / Myrtle Beach | (21 Days) |
| Dep. March 31 st | |
| ☐ New Orleans / Florida | (20 Days) |
| Dep. April 19 th | |
| ☐ New York / Boston | (7 Days) |
| Dep. March 1 st , May 9 th , Dec. 3 rd | |
| ☐ Quebec / Ottawa | (7 Days) |
| Dep. April 30 th , June 18 th , July 23 rd , Oct. 1 st | |
| ☐ Quebec | (7 Days) |
| Dep. May 25 th , August 24 th | |
| ☐ Nashville / Memphis / Branson | (21 Days) |
| Dep. June 2 nd , October 18 th | |
| ☐ Newfoundland | (7 Days) |
| Dep. July 2 nd & 23 rd , August 6 th & 26 th , September 3 rd | |
| ☐ Explore Canada | (32 Days) |
| Dep. June 30 th | |
| ☐ Quebec / Ontario | (10 Days) |
| Dep. August 6 th , September 31 st | |
| ☐ Cape Breton / Cabot Trail | (3 Days) |
| Dep. June 24 th , July 8 th & 29 th , Aug. 5 th , 19 th & 29 th , Sept. 17 th | |
| ☐ Portland / Kittery / North Conway | (6 Days) |
| Dep. October 1 st , December 14 th | |
| ☐ Atlantic City / New York | (8 Days) |
| Dep. Mar. 13 th , May 10 th , November 19 th | |
| ☐ PEI Tour / Anne Musical | (3 Days) |
| Dep. July 4 th , August 1 st , September 2 nd | |
| ☐ PEI / Anne Musical | (2 Days) |
| Dep. July 18 th & 22 nd , August 22 nd , September 19 th | |
| ☐ Cabot Trail (Fall Foliage Tour) | (2 Days) |
| Dep. September 30 th & 29 th , October 3 rd & 17 th | |
| ☐ PEI & Cabot Trail (Fall Foliage Tour) | (3 Days) |
| Dep. October 6 th | |
| ☐ Boston / Cape Cod | (6 Days) |
| Dep. October 9 th | |
| ☐ Nashville / Branson | (17 Days) |
| Dep. September 2 nd , December 26 th | |
| ☐ Bangor / Freeport Shopping | (4 Days) |
| Dep. March 9 th & 23 rd , April 13 th & 27 th , Oct. 18 th & 28 th , Nov. 9 th & 26 th | |
| ☐ California | (32 Days) |
| Dep. October 11 th | |
| ☐ Boston / Cape Cod / New York | (9 Days) |
| Dep. November 13 th | |
| ☐ Texas / Arizona - Louisiana | (31 Days) |
| Dep. Feb. 5 th | |
| ☐ Myrtle Beach | (10 Days) |
| Dep. March 30 th , April 1 st , May 1 st , July 1 st , Oct. 13 th , Nov. 1 st | |
| ☐ Cape Breton & Baddeck | (Day Trip) |
| Dep. June, July, Aug.; Sept.; Oct. Sun./Thurs./Fri. | |
| ☐ Prince Edward Island | (Day Trip) |
| Dep. June, July, Aug.; Sept.; Oct. Sat./Mon./Wed. | |

Golfing — Myrtle Beach 10 Days

Dep. Feb. 2nd, March 2nd, April 2nd & 17th

3225 Kempt Road, Halifax, NS B3K 4N2
(902) 455-8117 • Fax: 455-8118
Toll Free: 888-208-8111

Fax: (902) 455-4058;
Toll-free: 1-800-565-4777
Website: www.lastpostfund.ca

Death Certificate

In most situations funeral directors look after the arrangements and have the death registration submitted to the Deputy Registrar General. If you require copies of the death certificate for any purpose, they may be obtained for a fee of \$20.00 each from: The Deputy Registrar General, Department of Business and Consumer Services, P.O. Box 157, Halifax, NS B3J 2M9; Phone: (902) 424-4380 (recorded information) or 424-4381

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security; Canada Pension Plan Death Benefit, survivors pension, dependent childrens' pension; and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Community Contact for the Widowed

Community Contact for the Widowed offers social, educational, and one-to-one counselling programs for those who have been recently widowed. The association meets monthly (September to June) at Spencer House and coordinates a widow-to-widow and widower-to-widower support program.

The group provides information, referrals, and emotional support as well as professional help, if requested. The association aims at developing a community awareness of the problems of bereavement. For more information, contact:

Doris Bryson, Chair
1725 Garden Street
Halifax, NS B3H 3R5
tel: 422-6950

Palliative Care

Palliative care blends the compassionate caring of the historical hospice movement with the best modern medicine can offer, to address the needs of those who are terminally ill or living with advanced disease, and their families.

Palliative care:

- Affirms life and regards dying as a normal process
- Neither hastens nor prolongs death
- Provides relief from pain and other distressing symptoms
- Integrates the physical, psychosocial and spiritual aspects of care
- Offers a support system to help patients live as actively as possible until death
- Offers a support system to help the family cope during the patient's illness and in their own bereavement.

Nova Scotia Hospice/Palliative Care Association

The Nova Scotia Hospice/Palliative Care Association exists to promote the philosophy and principles of palliative care, to provide education for its members and the public, and to become the recognized voice for palliative care in the province. The Association has two principle goals that:

- Optimum palliative care should be accessible to all Nova Scotians, and that

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- Health care professionals in NS should have the knowledge and skills to provide such care.

Judy Simpson, President
QEII Health Sciences Center

Victoria General - 7A 103
1278 Tower Rd.
Halifax, NS B3H-2Y9
Phone:(902) 473-3196
Fax:(902) 473-6602

Nova Scotia Directory of Palliative Care and Support Services

A directory of Palliative Care and Support Services available in Nova Scotia has been compiled. The information contained in the directory, of particular interest to the patients

and families coping with limited life expectancy, their loved ones and caregivers, was obtained during a survey and consultation study conducted by Jeannette Auger, Acadia University during 1991-1992. For a copy of the directory, contact:

The Senior Citizens' Secretariat
4th Floor Dennis Building, 1740 Granville St., P.O.Box 2065, Halifax, NS B3J 2Z1
Phone:(902) 424-0065; Toll-free: 1-800-670-0065

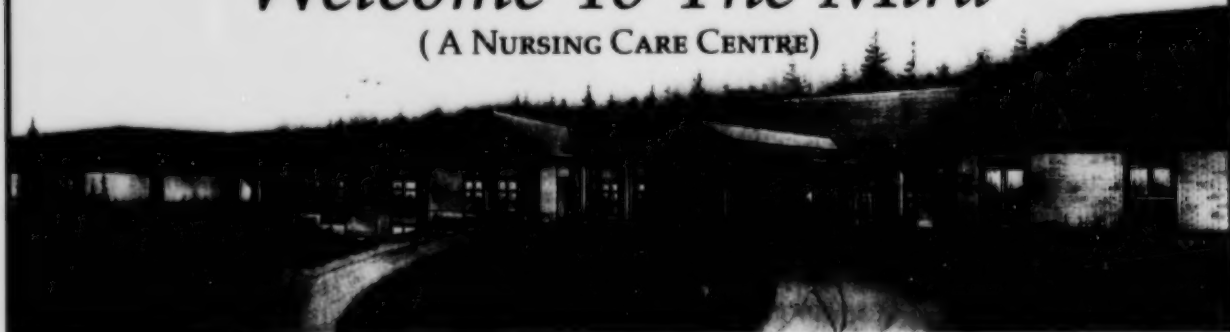
Palliative Care Program

Queen Elizabeth II
Health Science Centre

This service is available to patients and families coping with limited life expectancy. The emphasis of the program is on providing the greatest possible relief of suffering and main-

Welcome To The Mira

(A NURSING CARE CENTRE)



The Mira occupies a commanding view of Young Street in Truro. It is located within a close commuting distance to downtown Truro.

The Mira caters to physically challenged individuals requiring Level II Care. A special wing, with its private Courtyard, is designed for residents with memory disorders or Alzheimer disease.

Advanced aging brings with it the need for quality care. The Mira is a licensed nursing care facility that can provide care in homelike environment.

A good place to spend your "golden" years!

For further information, please call:

(902) 895-8715

or fax **(902) 897-1903**

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taining the highest possible quality of life. Referrals are accepted from acute and long-term care sections at QEII, from other area hospitals and from family physicians. The focus is on assisting with pain and symptom management and helping the patient to return home, if possible. Home support through the larger metropolitan area is available through collaboration with family physicians and community agencies. A six bed in-patient care unit is available at the Victoria General Site to assist with difficult pain and symptom management. Bereavement support is also available to families through phone calls, small support groups and memorial services.

For additional information, contact:

Palliative Care Program

Queen Elizabeth II Health Sciences Centre
Victoria General

1278 Tower Rd., Halifax, NS B3H 2Y9

Phone:(902)473-3119

Fax:(902)473-3103

Northwood Hospice Service

Northwood's Hospice Service has been in existence since 1984. Currently, two RNs with experience in pain and symptom assessment and management provide a consultation service for residents in care at Northwood, and in the apartments. They help to coordinate a multidisciplinary team of health professionals and hospice trained volunteers to pro-

vide a holistic approach to meeting the needs of residents. Through Northwood Homecare, the Hospice Volunteers can be accessed to assist Northwood Homecare staff in the care of palliative care clients at home. The Service utilizes Northwood's policy and procedures to assist residents, and their families in the preparation of advance directives in health care, and in making care decisions.

tel: (902) 425-2273

fax: (902) 421-6313

Elder Abuse

Adult Protection Legislation

The Act provides a means whereby all persons in Nova Scotia 16 years of age and over, who lack the physical and mental ability to adequately care and fend for themselves can be protected from abuse and neglect. Anyone who has information, even if it is confidential or privileged, regarding a person 16 years of age or older being abused or neglected and who is physically or mentally incapable must by law report that information to the appropriate authorities. No action shall be taken against a person who gives information unless the giving of the information is done maliciously or without reasonable and probable cause.

Suspected neglect or abuse must be reported to one of the following Community Service offices:

Adult Protection Services

Central Region

Halifax - 424-6111

*After hours (emergency only) - call the Halifax Message Centre 454-3707 or contact your local law enforcement office.

Eastern Region

Sydney.....(902) 563-3361



Home Health Services

Professional Nursing Care

- Nursing Visits
- Pre and post surgical care
- Private duty nursing
- Maternal/infant care
- Respite care
- Foot care

Home Support Service

- Personal care
- Homemaking
- Companion - sitters
- DVA TAPS Cards accepted
- Special needs, available upon request.

Serving Halifax - Dartmouth - Bedford - Sackville & surrounding areas

2737 Robie St., Halifax, N.S. B3K 4P1

Phone (902) 454-2571 Fax (902) 454-2522

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Port Hawkesbury.....(902) 625-0660
 (*After hours (emergency only) — contact
 your local law enforcement office.)

Northern Region

Antigonish.....(902) 863-3213
 Amherst.....(902) 667-3336
 Guysborough.....(902) 533-4007
 New Glasgow.....(902) 755-5950
 Truro.....(902) 893-5950
 (*After hours (emergency only) — contact
 your local law enforcement office.)

Western Region

Annapolis.....(902) 532-2358
 Barrington.....(902) 637-2335
 Bridgewater.....(902) 543-5527
 Digby.....(902) 245-5811
 Kentville.....(902) 679-6256
 Windsor.....(902) 798-8319
 Yarmouth.....(902) 742-0603
 (*After hours (emergency only) — contact
 your local law enforcement office.)

Family Violence Prevention Initiative

The Nova Scotia Family Violence Prevention Initiative is a multi-departmental, government-community partnership established in 1992 to prevent and respond to the problem of family violence.

The initiative brings government departments and community agencies together to address family violence effectively and works to coordinate activities, guide policy development, develop protocols and procedures for a coordinated service response, train professionals, raise public awareness and provide information, consultation, and advice.

The initiative produces publications on all aspects of family violence and elder abuse, such as brochures, fact sheets, directory of services, procedures manuals/protocol guidelines for a coordinated response to women, child and elder abuse, bookmarks, lapel pins, posters, mugs, and other items to increase awareness. The FVPI also maintains a Resource Centre of over 2000 audio-visual and print materials including an extensive collection of materials related to elder abuse. Materials are available on loan to the public free of charge.

Family Violence Prevention Initiative

5182 Prince Street, 1st Floor
 PO Box 696
 Halifax, NS B3J 2T7
 Phone: (902) 424-2070
 Fax: (902) 424-0428
 Website:
[Http://www.gov.ns.ca/coms/fvpi.htm](http://www.gov.ns.ca/coms/fvpi.htm)

Community Resource Directory

This directory may be of assistance to individuals seeking information and services pertaining to elder abuse. To access "*Battered and Betrayed*," an information book about elder abuse, contact:

Canadian Pensioners Concerned
 Starlite Gallery, Suite 325,
 Bayers Road Shopping Centre,
 7071 Bayers rd., Halifax, NS B3L 2C2
 Phone:(902) 455-7684; Fax:(902)455-1825

Sole Provider

Custom Orthotics & Medical Supplies

- Custom Foot Orthotics
- Orthopaedic Shoes/Sandals
- Various Splints and Braces
- Aids for Daily Living
- Ambulatory Aids
- Compression Garments



KENTVILLE

Phone 678-0020
 Fax 678-5858

Senior Support Network

(Kings County)

The issue of abuse against seniors is a difficult one to address. The Senior Support Network attempts to do so in several ways. We have resources and provide education sessions on abuse against seniors and get people talking about the issue. Prevention and intervention is facilitated when communities feel free to talk about it rather than ignore it. We offer support to older adults who have suffered various forms of violence. This might include people who are now experiencing or have experienced physical, emotional, social or financial abuse; perhaps someone who has been a victim of fraud or robbery. Often times, having someone to talk to without fear of being judged or blamed can help us cope with the effects of violence. We offer peer counselling. This may help in identifying alternatives and empower the individual to make decisions. We offer advocacy for individuals who may require assistance in accessing services in their community.

The Senior Support Network has trained volunteers in Kings County ready to offer older adults these support and advocacy services in any way they feel necessary. If the support or services required by the individual exceeds the scope of this program, appropriate referrals will be made.

For more information or to make a referral, please contact the coordinator, Pam McKinley at 1-800-494-6135 or 690-2123 (local)

Employment

Human Resources Development Canada

Human Resource Centres provide information and service regarding the employment and

unemployment insurance programs and services available from Human Resource Development Canada at the following locations:

Amherst.....	(902)661-6612
Antigonish.....	(902)863-7016
Bedford.....	(902)426-1945
Bridgewater.....	(902)527-5538
Dartmouth.....	(902)426-1945
Digby.....	(902)245-4505
Glace Bay.....	(902)842-2455
Guysborough.....	(902)863-7016
Halifax.....	(902)426-1945
Inverness.....	(902)258-3990
Kentville.....	(902)679-5734
New Glasgow.....	(902)755-7821
North Sydney.....	(902)794-5877
Port Hawkesbury.....	(902)625-4113
Shelburne.....	(902)875-2452
Sydney.....	(902)564-7200
Truro.....	(902)893-0024
Windsor.....	(902)798-6509
Yarmouth.....	(902)742-0818
Toll-free (English).....	1-800-206-7218
Toll-free (French).....	1-800-808-6352

Seniors for Seniors/Seniors for Business

Serving the needs of older adults and senior citizens, Seniors for Seniors provides several programs such as homemakers, handi-persons, home cleaners, and companions. Seniors for Business is a temporary help and permanent employment agency for office personnel 50 years of age and older.

For more information, contact:

Howard Court, President or Janet Wilson,
Supervisor Home Care

Seniors for Seniors/ Seniors for Business
7001 Mumford Rd., Tower 2, Suite 3006,
Halifax, Nova Scotia B3L 4R3

Seniors for Seniors

Phone: (902) 454-3674 (Halifax Region)

Phone: (902) 897-7355 (Truro)

Toll-free: 1-800-719-6643 (New Glasgow and area)

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Seniors for Business
Phone:(902) 454-6368
Fax:(902) 454-0616

Financial Programs

Federal Government Retirement Income Programs

Human Resources Development
Canada Income Security Programs

Old Age Security Pension (OAS)

The OAS is the cornerstone of Canada's retirement income system. Together with the Canada Pension Plan, the OAS program plays a key role in giving Canadians a solid foundation upon which to build for retirement.

The Old Age Security pension is a monthly benefit available to anyone 65 years of age or over who meets the necessary Canadian residence and legal residence status requirements. The amount of the pension is determined by how long the applicant has lived in Canada. A minimum of 10 years residence in Canada after age 18 is required to qualify for a pension. The pension is payable outside of Canada to those people who have lived in Canada for at least 20 years. OAS benefits are indexed quarterly and are subject to income tax.

If an applicant has insufficient periods of residence in Canada to qualify for a pension, he or she may still qualify for a pension if he or she has resided and/or made social security contributions in a country with which Canada has concluded a social security agreement.

The OAS program is financed from federal government general tax revenues.

- Guaranteed Income Supplement (GIS),
- The Spouse's Allowance (SPA) and,
- The Widowed Spouse's Allowance (WSA)

SHOPPERS DRUG MART.

33 Locations in Nova Scotia to Serve You

METRO HALIFAX

Bedford Place Mall	835-3354
Cole Harbour Shopping Centre	434-9800
91 Tacoma Drive	434-0366
Mic Mac Mall	463-3321
Fenwick Medical Centre	421-1683
Spryfield Shopping Centre	477-1210
Clayton Park Shopping Centre	443-5214
Quinpool Centre	429-1700
3531 Dutch Village Road	443-6084
5524 Spring Garden Road	429-2400
Dartmouth Shopping Centre	464-9644
Hammond Centre	835-1177

BRIDGEWATER Bridgewater Mall 543-8186

NEW GERMANY Highway #10 644-3137

NEW GLASGOW

798 East River Rd	752-0280
Highland Square	755-5580

IRENTON 78 Main Street 755-1234

AMHERST Amherst Centre 667-5861

ANTIGONISH

Antigonish Medical Centre 863-6522

NORTH SYDNEY North Sydney Mall .. 794-7211

SYDNEY RIVER

Cape Breton Shopping Centre 539-8111

SYDNEY Sydney Shopping Centre 562-1144

Mayflower Mall 539-5632

TRURO Truro Mall 895-6318

PORT HAWKESBURY

Port Hawkesbury Shopping Centre 625-1801

DIGBY Evangeline Shopping Mall 245-4722

YARMOUTH Tri-County Mall 742-3523

BARRINGTON PASSAGE

Causeway Professional Centre 637-3211

WOLFVILLE Main Street 542-2248

SHERBROOKE 522-2010

GREENWOOD K-Mart Shopping Plaza 765-3060

watch

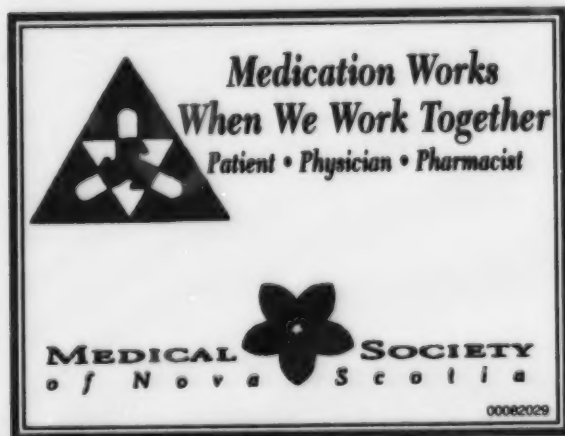
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DRUG MART

The Guaranteed Income Supplement (GIS) is a non-taxable, monthly benefit for Old Age Pensioners with limited income. It is based on income and marital status.

The Spouse's Allowance (SPA) is a non-taxable, monthly benefit payable to 60-64 year old spouse of a pensioner receiving the GIS. It is based on combined income of the couple and the spouse must meet residency requirements.

The Widowed Spouse's Allowance (WSA) is available to clients who are 60 to 64, have limited income, are widowed, and meet residency requirements.

You have to apply for GIS, SPA or WSA for the first time. To keep receiving the GIS, SPA or WSA, you must update your income information with us every year. Most seniors who file an income tax return by April 30 can renew their GIS, SPA or WSA automatically. They do not have to send us a separate form. However, a small number of seniors will be sent a renewal form to fill out. We will only send you the renewal form if you have not filed your tax returns by April 30 or if you need more information to renew your benefit. If you do get a renewal form in the mail, please fill it out and send it back to us as soon as possible.



If a pensioner or spouse retires or has a loss of pension income, an income estimate for the current calendar year may be substituted for the income of the preceding calendar year.

The GIS, SPA or WSA are paid outside Canada for only six months plus the month of departure, regardless of how long the person has lived in Canada.

Canada Pension Plan (CPP)

The CPP is a contributory, earnings-related social insurance program.

The Canada Pension Plan which began in 1966, provides basic benefits when a contributor to the plan retires or becomes disabled, and at the contributor's death, the Plan provides survivor benefits to the surviving spouse and dependent children. The amount of the benefit depends on the amount of earnings and contributions to the Plan. All CPP benefits are paid out of the CPP fund and are subject to income tax.

The Retirement Pension is a monthly benefit payable to eligible contributors who are 60 years of age or older and have substantially or completely stopped working. At 65 years of age it is not necessary to cease work to receive the Retirement Pension.

The Disability Pension is a monthly benefit payable to eligible contributors who are disabled according to the terms of CPP legislation and who are under the age of 65.

The Disability Pension includes benefits for dependent children of disabled contributors.

The Surviving Spouse's Benefit is a monthly pension paid to the spouse of a deceased contributor if the contributor made sufficient contributions to the plan. The amount of the pension is determined by the amount of contributions to the plan and the age of the sur-

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living spouse at the time of death and whether there are dependent children.

Death Benefit is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the Plan for a minimum qualifying period.

Children's Benefit is paid on behalf of the dependent children of a deceased contributor if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

If you have questions (or would like to make an appointment) about the Old Age Security or Canada Pension Plan, please call Human Resources Development Canada free of charge at:

1-800-277-9914-Toll Free (English)
1-800-277-9915- Toll Free (French)

TTY 1-800-255-4786- Toll Free
(Hearing/Speech Impaired)

Revenue Canada Income Tax:

Human Resources Development Canada Human Resource Centres provide information and service regarding the employment and unemployment insurance programs and services available from Human Resource Development Canada at the following locations:

Revenue Canada offers Income Tax Clinics. These clinics are offered free of charge by trained volunteers at various locations throughout the province. These clinics begin at the end of March and run to the end of April.

For information concerning these tax clinics or for general inquiries:
Phone: (902) 426-2210; Toll-free: 1-800-565-2210 or 1-800-565-2210

Do you have questions about your taxes and it's after 5 o'clock p.m. Our phone lines are open evenings till 9 p.m. Monday to Thursday.....first of March to the end of April. Have your questions ready and your tax papers handy when you call....after 5 p.m.: 1-800-565-1787.

Goods and Services Tax (GST):
Phone: (902) 451-1223; Toll-free: 1-800-667-1323

Early Booking Savings

Programs for Seniors for 2001 will be published on December 15, 2000. You will receive special savings if you confirm your ad space by May 31, 2000.

Additional savings are available if you reserve space for the two issues for years 2001, 2002.

For more information on how we can assist you to reach 120,000 Nova Scotian's serviced by the Nova Scotia Senior Citizens Secretariat, Contact us today!

Programs For Seniors
c/o Nova Scotia Business Journal
11 Thornhill Drive
Dartmouth NS
B3B 1B6

Ph: 902-465-8827
Fax: 902-465-3428
email: frank@nsbizjournal.ns.ca

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Customs Information Line:

If you are travelling outside of Canada and/or you wish some customs information, you can call: Phone: (902) 426-2911; Toll-free: 1-800-461-9999 Toll-free TDD: 1-800-267-0825

Veterans' Affairs Canada

Benefits from Veterans' Affairs Canada are available to war veterans, former members of the peacetime armed forces, certain civilian groups and the Merchant Marine. These benefits include disability pensions, as well as coverage of hospital and medical expenses and assistance for eye glasses, dental care, etc. The Department also administers the Veterans' Independence Program for aging veterans who want to remain in their homes. This program offers a variety of home care and maintenance assistance, plus home nursing visitation, provision of special hospital equipment and wheelchairs, help for home makers, meals on wheels, etc.

Cape Breton, Antigonish Co., & Guysborough Co. Veterans Affairs Canada, 308 George St.
Sydney, NS B1P 1J8
Phone: (902) 564-7028; Toll-free: 1-800-565-7028

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Fax: (902) 494-1219 Website: <http://www.dal.ca/confserv>

Veterans' Affairs Canada

P.O. Box 8063, 10th Floor,
6080 Young St., Halifax NS B3K 5L8
Phone: (902) 426-7931; Fax: (902) 426-2349
Toll-free: 1-800-565-0197

**Provincial Government
Financial Programs****Property Tax Rebate**

This program offers a 50% rebate off residential property taxes (up to a maximum of \$400) to senior citizens who are homeowners and in receipt of the Guaranteed Income Supplement or Spouses' Allowance in January of the year of application

Effective 1996, ONLY those seniors that received a Property Tax Rebate in 1995 will be eligible for the rebate in future years. In other words, no new applications will be accepted after 1995.

Rental Assistance

This program assists seniors (singles and couples) who rent in the private market and are in receipt of the Guaranteed Income Supplement or Spouses Allowance to those who are single, 65 and over, whose income does not exceed \$17,475 annually. Effective April 1, 1995, only those seniors in receipt of Rental Assistance as of March 31, 1995 are eligible to receive the rental assistance in future months. No New Applications will be accepted after March 31, 1995.

Special Social Assistance

The Special Social Assistance Program, revamped in December 1991, provides financial assistance monthly to needy seniors. To qualify a senior must be receiving the Guaranteed Income Supplement and Old Age

Security and meet the requirements set down in a needs test which considers both income and assets.

Seniors expenses such as food, clothing, shelter and transportation will be compared with the revenue coming into the home and the difference will be paid as Special Social Assistance.

For information on these programs, contact: Supervisor, Senior Citizens' Financial Aid Programs, 1582 Prince St., J.W. Johnston Building, 2nd Floor Halifax, NS B3J 2T7 Phone:(902) 424-4500; Toll-free: 1-800-670-0065

Workers' Compensation Board of Nova Scotia

The Workers' Compensation Act of Nova Scotia is designed to protect both injured workers and employers by providing financial assistance, medical aid, re-employment, vocational rehabilitation and protection from litigation. Financial assistance may include payment of temporary earnings-loss benefits (payable at the rate of 75% of net pre-accident earnings up to 26 weeks and 85% thereafter), extended earnings-loss benefits (when a permanent impairment has been determined and there is an earning loss), permanent impairment benefits (for loss of enjoyment of life caused by a permanent injury), and an annuity (which replaces the extended earnings-loss benefits which are discontinued at age 65). As well, if a worker dies as a result of a workplace accident, the Act allows for survivors' benefits and dependent child benefits. For more information, please contact:

Main Office, Halifax
5668 South Street, P.O.Box 1150
Halifax, NS B3J 2Y2
Phone:(902)491-8999; Fax:(902) 491-8002;
Toll-free: 1-800-870-3331

Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone:(902) 563-2444; Fax: (902) 563-0512
Toll-free: 1-800-880-0003

Income Assistance Programs

Please note that this program is administered by the Nova Scotia Department of Community Services.

Social Assistance Supplementation for seniors is related primarily to such needs as drugs, housing and transportation. Assistance may be paid to supplement federal and provincial benefits where individual need is such that the federal and/or provincial benefits are inadequate.

The Department of Community Services may provide an in-home support program for needy family members or relatives who are caring for a senior (parent, aunt, uncle, sibling) in those instances where the senior might otherwise require placement in a home for special care. Persons wishing to apply for this program should direct their enquiries to their local community services office, which is responsible for determining a person's eligibility for, and payment under, this program.

Leave a legacy for life.

For information on gifts to the Heart and Stroke Foundation of Nova Scotia through bequests, life insurance or other estate plans, call 423-7530 in Metro or 1-800-423-4432 (toll-free). e-mail www.heartandstroke.ca

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Community Service Workers**Field Offices****Eastern Region**

Eastern Regional Office.....	563-3302
Sydney District Office.....	563-3300
Glace Bay.....	842-4000
North Sydney.....	794-5110
Baddeck Sub Office.....	295-3233
Ingonish Office.....	285-2652

Port Hawkesbury District

Office.....	625-0660
Inverness Sub Office.....	787-2274
St. Peter's Sub Office.....	535-3000

Northern Region

Northern Regional Office.....	755-7023
Pictou Senior District Office (New Glasgow).....	755-5950
Colchester District Office (Truro).....	893-5950
Cumberland District Office (Amherst).....	667-3336
Guysborough District Office.....	533-4007
Antigonish District Office.....	863-3213

Western Region

Western Regional Office.....	678-6157
Kings District.....	678-6176
Kings District Office.....	690-6157
Hants District Office.....	798-8319
Annapolis District Office.....	532-2358

Digby District Office.....	245-7110
Shelburne District Office.....	637-2335
Yarmouth District Office.....	742-0720
Queens District Office.....	354-2771
Lunenburg District Office.....	543-5527

Central Region

Central Regional Office.....	424-5074
Cole Harbour District Office.....	435-7872
Dartmouth District Office.....	424-3298
Alderney Gate Office (Dartmouth).....	424-1600
Halifax District Office.....	424-4150
Lakeside Office.....	876-0580
Sackville District Office.....	869-3600
Sheet Harbour Office.....	885-2974

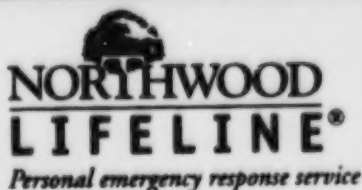
Insurance: A Seniors Perspective

Introduction

Insurance touches the lives of virtually everyone. Insurance is used as an investment to provide funds for some future purpose, to provide income during a period of disability and to provide for health care costs.

Insurance is also used to provide protection against an event that could result in a major financial loss such as the destruction of a home or a serious automobile accident.

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Throughout NS: 1-800-461-3346



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Despite the fact that most adults have one or more insurance policies it is probably true to say that generally the policies are not well understood. Policies are contractual documents that set out the risks that are covered and so they are mostly written in language that is well understood by the courts but is difficult for untrained people to read and understand.

Because of the importance of insurance in our lives it should not be purchased without consultation with a qualified insurance agent who is able to assess the needs of a prospective purchaser and how these needs can be best addressed.

Life Insurance

Life insurance is most frequently purchased when the intention is to provide for the education of children or to provide financial security for a family in the event of the death of the breadwinner of the family or to provide for burial and other final expenses such as income tax.

The major obstacle to purchasing life insurance is the existence of medical problems. In many cases seniors will have health conditions that would result in denial of an application for life insurance. Some companies, however, will issue policies with a moderate amount of life insurance, say \$25,000, to anyone regardless of health conditions.

Life insurance is also available to fund a pre-arranged funeral through most funeral homes.

Home Insurance

Seniors who are home owners, condominium owners or who live in rented premises should have their property insured. Insurance packages can be purchased from independent insurance brokers throughout the Province.

When purchasing home insurance it can pay to shop around. Purchasers should obtain quotations from a number of brokers.

Some companies will reduce premiums for seniors, for membership in a professional or alumni association, or where an auto policy is also purchased from the same company.

Premiums can also be lowered by choosing higher deductibles for claims.

When a home insurance policy is in place the homeowner should be sure to advise the broker if any material changes take place.

Automobile Insurance

Certain automobile insurance coverages are compulsory in Nova Scotia as they are in all Canadian jurisdictions. These compulsory coverages include Section A, B and D of the standard auto policy. Section A covers any liability for damages that falls to the owner of a vehicle that is at fault or partially at fault in an accident. Section B provides certain accident benefits, which are set out in the policy, to the driver and passengers in the vehicle regardless of who is at fault for the accident.

Section D provides coverage for damages caused by an uninsured auto.

Section C of the auto policy covers damage to the insured vehicle such as collision and comprehensive. These coverages will provide compensation for damage to your own vehicle if you are at fault or partially at fault in an accident.

Conclusion

It should be understood that the information set out in this article is very general in nature and does not in any way fully explain the complexities of any type of insurance. Anyone who wishes more information or who is expe-

riencing difficulty either in purchasing insurance or in dealing with a claim should contact the Office of the Superintendent of Insurance at the following address and telephone number.

Office of the Superintendent of Insurance
Department of Business and Consumer
Services

9 South, Maritime Centre
1505 Barrington Street
P.O. Box 2271
Halifax, NS B3J 3C8
Telephone: 902-424-6331

Information and assistance is also available from the insurance industry by contacting the Insurance Bureau of Canada respecting home or auto insurances at 902-429-2730 or 1-800-565-7189, and the Canadian Life and Health Insurance Association respecting life and health insurance at 1-800-268-8099.

Health

Seniors' Pharmacare Program

The Nova Scotia Pharmacare program is a provincial drug insurance plan to help seniors manage their prescription drugs costs. Program participation is optional. Pharmacare is offered to Nova Scotian residents who are 65 years of

age and older and who do not already have prescription drug coverage through a private insurance plan, Veterans Affairs Canada, or Indian and Inuit Health Services. The senior must also be registered under the Medical Services' Insurance (M.S.I.) program.

Seniors who are eligible, can join Pharmacare from the first day of the month of their 65 birthday. New senior residents are eligible for Pharmacare on the same day they become eligible for Nova Scotia M.S.I. The Seniors' Pharmacare Board of Directors, the majority of whom are seniors, provide the government direction on Pharmacare policy issues.

How do I pay?

Seniors who join Pharmacare pay an annual premium and with each prescription filled a co-payment to the pharmacy. Seniors who receive Guaranteed Income Supplement (GIS) are automatically enrolled in Pharmacare. They are not required to pay the premium. Seniors who do not receive the GIS may be eligible for a reduced premium if their annual income falls under certain limits. Premiums can be paid in one lump sum, quarterly or monthly payments. Contact the Pharmacare office for further details. Note: Seniors who have private insurance can reapply to Pharmacare if their drug costs under their private plan are more than the maximum cost they would have paid with Pharmacare

What does Pharmacare cover?

Pharmacare covers approximately 3,500 medications which have been approved for coverage by the Nova Scotia Department of Health. In order to be covered by Pharmacare, medications must be prescribed by a physician or dentist and dispensed by a pharmacist.

The list of medications covered can change as

Wolfville Nursing Homes Ltd.

347 Main St.
Wolfville, N.S.

For further information call:
phone: **(902) 542-2429**
fax: (902) 542-1048

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**Need Information
about
Old Age Security
or
the Canada Pension Plan?**

Call Human Resources Development Canada (HRDC) toll-free at:
1-800-277-9914.

Persons with hearing/speech impairments using TDD/TTY devices call:
1-800-255-4786

Our telephone service offers you a convenient way of obtaining information 24 hours a day, 7 days a week, about Old Age Security, the Guaranteed Income Supplement and the Canada Pension Plan.

Remember to have your social insurance number handy every time you call.

If you are using a rotary dial telephone, you must call during regular business hours.

**Vous avez besoin de
renseignements sur le
Programme de la sécurité de
vieillesse ou le Régime de
pensions du Canada?**

Vous n'avez qu'à appeler Développement des ressources humaines Canada (DRHC) sans frais au : **1-800-277-9915**

Les personnes ayant un trouble auditif ou de la parole et qui utilisent un ATME doivent composer le : **1-800-255-4786**

Grâce à notre service téléphonique, vous pouvez obtenir des renseignements, 24 heures sur 24, 7 jours par semaine, sur le Programme de sécurité de la vieillesse, le Programme du supplément de revenu garanti et le Régime de pensions du Canada.

Assurez-vous d'avoir votre numéro d'assurance sociale à la portée de la main quand vous composez le numéro et si vous utilisez un téléphone à cadran, vous devez communiquer avec nous pendant les heures normales de travail.



Human Resources
Development Canada

Développement des
ressources humaines Canada



Canada

new medications become available. A senior's physician or pharmacist will explain the changes if they involve the medication the senior is taking.

In general terms, the list of benefits under the Pharmacare Program includes:

- Medications which, by law, require a prescription and which have been approved for coverage under the program;
- A small number of over-the-counter medications which have been approved for coverage under the program;
- Ostomy supplies that have been approved for coverage under the program
- Diabetic supplies, testing materials, needles and syringes that have been approved for coverage under the program.

What if I Travel?

If seniors intend to be away from Nova Scotia for more than 100 days and require medications for the whole time, they may obtain the full quantity up to 180 days at the discretion of their pharmacist or physician.

Pharmacare does not insure any prescription dispensed outside of Nova Scotia.

It is very important for all seniors to obtain additional health care insurance when traveling outside of Nova Scotia. If seniors choose



Health

not to join Pharmacare, they should check with their private insurer to make sure that the coverage they had before they turned 65 will continue to meet their drug insurance needs during their senior years.

For more information, contact:
Phone: (902) 429-6565; Fax: (902) 468-9402; Toll-free: 1-800-544-6191

Public Health Services

Public Health Services provides a broad range of activities to all residents of Nova Scotia. Core public health services available in each region include: Communicable Disease Prevention and Control; Non-communicable Disease and Injury Prevention; and Public Health Enhancement.

Each health region provides a multi-disciplinary team approach in providing services to seniors. All Public Health services are free of charge. For more information about public health services in your area contact one of the following main public health service offices or check the Blue Pages of your phone book under Health (NS) for the Public Health Services office nearest you.

Central Health Region

Public Health Service, Burnside,
Dartmouth.....424-8100

Eastern Health Region

Public Health Service, Sydney.....563-2400

Northern Health Region

Public Health Service, Truro.....893-5820

Western Health Region

Public Health Service,
Wolfville.....542-6310

Provincial Health Card

It is important that you renew your Health Card to ensure your file is up-to-date with accurate information. Renewal notices are mailed three months prior to the expiry date

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which is embossed on the front of your card (that is why it is very important to contact the MSI office each time your address changes to ensure you will receive your renewal). If you are using an expired Health Card you may be asked to pay for the service rendered.

Your Health Card must be presented each time you visit your physician or use a provincial health program. If leaving the province for an extended absence, please contact the MSI office to ensure your continuous medical coverage.

If you have any questions or would like more information contact the MSI office at (902) 496-7008 or toll-free outside the Halifax/Dartmouth area at 1-800-563-8880.

Drug Dependency Program

Drug Dependency Program provides prevention, treatment and rehabilitation services for alcohol, drug and gambling problems. For more information please contact one of the following:

Eastern Drug Dependency Program

Sydney.....(902) 563-2050

Central Drug Dependency Program

Halifax.....(902) 424-5623
.....Fax:(902)424-0627

Northern Drug Dependency Program

Pictou.....(902) 485-4335

Western Drug Dependency Program

Yarmouth.....(902) 742-2406
Lunenburg.....(902) 634-8801
Kentville.....(902) 678-7381 ext.1560

Nova Scotia Hearing and Speech Clinic

The Clinic is an independent, non-profit agency funded primarily by the Nova Scotia Department of Health. For information on

the services provided by the Nova Scotia Hearing and Speech Clinic, contact:

Nova Scotia Hearing and Speech Clinic Administration

5657 Spring Garden Road
Suite #401
Halifax, NS B3J 3R4
Phone: (902) 423-7357;
Fax: (902) 423-0532

Clinic locations throughout the province:

Amherst.....(902) 667-3361
ext.6220
Antigonish.....(902) 867-4197
Bridgewater.....(902) 543-4603
ext.2248
Digby.....(902) 245-2501
ext.265
Dartmouth.....(902) 464-3084
Glace Bay.....(902) 842-2868
Kentville.....(902) 678-7381
ext.1400
Liverpool.....(902) 354-3436
ext. 246
Lower Sackville.....(902) 865-5750
ext.185
Middleton.....(902) 825-3411
ext.233
Musquodoboit Hbr.....(902) 889-2200
New Glasgow.....(902) 752-7600
ext.2520
Pictou.....(902) 485-4324
ext.215



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Toll Free: 1-800-565-1930

Evanston.....	(902) 625-3100 ext.238
Sheet Harbour.....	(902) 885-2554
Shelburne.....	(902) 875-3011 ext.270
Springhill.....	(902) 597-3773
Sydney.....	(902) 567-7781
Sydney Mines.....	(902) 736-2831 ext.146
Truro.....	(902) 893-5512
Waterville.....	(902) 538-3103
Windsor.....	(902) 798-2084
Wolfville.....	(902) 542-3866
Yarmouth.....	(902) 742-3541 ext.364

QEII Health Sciences Centre Centre for Health Care of the Elderly

The Centre for Health Care for the Elderly provides health care services for the older adult. Some of the specific programs are: the geriatric assessment unit; the geriatric restorative (rehabilitation) unit; the geriatric day hospital; and speciality outpatient clinics, such as the memory disability clinic. The Centre also provides clinics outside HRM. The Centre for Health Care of the Elderly is the principal clinical site of the Division of Geriatric Medicine, Dalhousie University.

Referral must be made by a physician. Veterans of Canada's armed conflicts may be eligible for long-term care at Camp Hill, with eligibility being determined by Veteran Affairs Canada. For information please contact:
The Centre for Health Care of the Elderly
Camp Hill Veterans Memorial Building
Halifax, NS B3H 2E1
Phone:(902) 473-8603; Fax:(902) 473-4867

Blue Cross

The Blue Cross Select Plan provides coverage for many health benefits not covered by your

provincial health care program, including semi-private hospital room coverage, ambulance benefits, vision care, private duty nursing, physiotherapy, chiropractor and VON benefits. Dental coverage is also available under the Select Plan as well as Prescription Drug coverage depending on whether coverage is being offered by your Seniors' Pharmacare program (Senior Drug Program). Blue Cross also offers travel and life insurance plans. For more information call Wayne Pottie, agent for Blue Cross at: 457-7191 or 1-902-558-8028. Call Blue Cross Atlantic Canada at 1-888-857-2583.

Foot Care

Comprehensive treatment of foot disorders is provided by chiropodists/podiatrists and a referral from a physician is not necessary.

Chiropody/Podiatry services are not covered by MSI but most private and employer health plans, and some government agencies, will partly or totally cover the cost. For information on Chiropody/Podiatry service, contact:
Maritime Association of Certified

Chiropodists-Podiatrists

514-277 Pleasant St.

Dartmouth, Nova Scotia

B2Y 4B7

Phone:(902) 463-3315; Fax: (902) 463-3379

Nova Scotia Breast Screening Program

The Nova Scotia Breast Screening Program has been developed to assist in the early detection of breast cancer. The program offers women information on breast health and mammography (breast X-ray). The metro area clinic is located at the Halifax Shopping Centre. A mobile van does breast screening for the Eastern Health Region, administered by the Cape Breton Health Care Complex. A new mobile is now providing the service in the Western Region, which is administered by the Yarmouth Regional

Hospital. The service is available to all women who have a current Nova Scotia Health Card, are between the ages of 50 to 69, with no breast problems. For more information contact:

NS Breast Screening Program
Halifax Shopping Centre, Tower 1,
Suite 103, 7001 Mumford Rd.,
Halifax, NS B3L 4N9
Phone: (902) 473-3960; Fax: (902) 473-3959
Toll-free: 1-800-565-0548

viced by an elevator and completely accessible for the disabled, including specially equipped rooms. There are laundry facilities on site. The cost is \$35.00 + tax per night for a single room and \$50.00 + tax per night for a room for two persons. For more information contact Point Pleasant Lodge, 1121 South Park Street, Halifax, Nova Scotia B3H 2W6. Telephone (902) 421-1599 or for reservations only (902) 429-7780
Email: ppl@ns.sympatico.ca

Point Pleasant Lodge

A non-profit facility providing accommodation for people directly or indirectly associated with medical attention in the Halifax/Dartmouth area. The Lodge has a dining room which is open from 7:00 a.m - 6:00 p.m. The eight storey building is ser-

The Lodge That Gives

The Lodge That Gives is a 34-bed facility where people living with cancer can stay when they come to Halifax for tests or treatment. But it's more than just a building....it's a home away from home. The Lodge is open

How do you hear?



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42 Glen Allen Dr.

Yarmouth
742-7349
613-625 Main St.
Suite #231

Somerside
432-8154
475 Osseville St. North

Charlottetown
892-6989
27 St. Peters Rd.

Dartmouth
469-8409
112 Woodlawn Rd.

Halifax
429-4180
5991 Spring Garden Rd.
Suite #230

Kentville
1-800-565-5682
70 Exhibition St.

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seven days a week except for holidays, run by volunteers and the Canadian Cancer Society staff. The Lodge is designed for persons who can care for themselves, including those using wheelchairs. There are no nursing or medical services provided. Patients who live in Nova Scotia do not have to pay to stay, or for meals, at the lodge. The Lodge also accommodates relatives of hospitalized cancer patients but, they must pay for their room and meal charges. For more information, contact:

Phone:(902) 420-1849; Fax:(902) 429-6563

Mental Health

Seniors Mental Health Service, Nova Scotia Hospital

The Seniors Mental Health Service is specifically designed to meet the mental health needs of seniors. A range of services are available including health promotion, education, home visitation (outreach), day hospital and in-patient programs. Health care professionals experienced in the field of seniors mental health provide treatment and information to clients, and support and information to family members.

Emphasis is placed on providing services in the home setting or the community. A person's mental health is as important as their physical health and the seniors service encourages seniors to access help when it is required. For more information, contact:
Phone:(902) 464-3111

Seniors' Mental Health — Kings & Annapolis County

The Seniors' Mental Health Service is available to residents of Kings and Annapolis Counties. A fulltime nurse coordinates the service along with a part-time psychologist and geriatric psychiatrist. Assessments and

visits at home are provided along with support groups for families of individuals with Alzheimer Disease and other dementias. Regular consultation with all nursing homes in the counties is also provided. Team members are anxious to hear from consumers and families with their ideas on how to further develop the service. For information, contact:
Margo MacDougall
Kings County: (902) 678-7381 ext 2865
Heather Hill
Annapolis County: (902) 825-4825

District Offices:

New Glasgow.....	(902) 752-8311
Halifax.....	QEII(902) 496-2548
Sydney.....	(902) 567-7728
Truro.....	(902) 893-5526
Windsor.....	(902) 798-8351
Amherst.....	(902) 667-3879
Inverness.....	(902) 258-2100
Halifax.....	IWK(902) 428-8086
Waterville.....	(902) 538-3103
Dartmouth.....	(902) 464-3287
Antigonish.....	(902) 863-2830
Bridgewater.....	(902) 527-5228
Kentville.....	(902) 678-7381
Yarmouth.....	(902) 742-4222
Digby.....	(902) 245-4709
Shelburne.....	(902) 875-4200
Middleton.....	(902) 825-4825

Home Care and Support Services Home Care Nova Scotia Department of Health Home Care Nova Scotia

Home Care Nova Scotia provides a variety of quality services to individuals at home, enabling them to receive care and assistance among family and friends. Services fall under the categories of Chronic Home Care and Acute Home Care.

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call toll free

1-877-624-4437

www.ilesdelamadeleine.com



Canada Economic
Development



Home Care is available to all residents of Nova Scotia who need its services and who have a Nova Scotia Health Card. Those eligible for the program may have an illness or disability which can be cared for at home safely and effectively.

People may refer themselves or may be referred by others, such as family members, friends, physicians or neighbors. Following a referral, a care coordinator works with the individual, their family and health professionals, to assess his or her needs and develop an appropriate plan of care. Requests for assessments are made through the toll free number 1-800-225-7225.

There are currently two categories of Home Care:

Chronic Home Care provides services to individuals who are chronically ill, disabled or facing the infirmities of old age and who require support and assistance to remain living in their own homes and communities.

Acute Home Care provides services to individuals with acute illnesses requiring short term care and can delay or prevent hospital admission or shorten the length of a hospital stay.

A range of services are provided to meet Nova Scotians' health needs at any time of

the day or night throughout the week.

These include:

- Personal care (e.g. bathing, dressing and eating);
- Home support (e.g. light housekeeping, laundry and meal preparation)
- Nursing (e.g. administering medications, dressing changes and general nursing care)
- Home oxygen concentrator services; and
- Family relief / respite services in the home.

Home care services are provided by a network of health care professionals including home support workers, nurses and physicians. Service providers are required to comply with set standards of training and practice.

Cost to the Consumer

Home Care Nova Scotia is funded by Nova Scotia Department of Health. There is no cost to individuals benefiting from Acute Home Care. People receiving Chronic Home Care may pay a portion of home support, personal care and home oxygen fees, depending upon their income. There is no charge for nursing care services and medical supplies used during visits.

Home Care Nova Scotia promotes independence and individual / family involvement in care. When services can be provided safely, effectively and efficiently at home. Home Care services may help to improve an individual's ability to function and may delay or prevent admission to hospitals, nursing homes and homes for the aged.

To Apply for Home Care Nova Scotia
Contact the Toll-Free Number:
Intake Number Toll-Free:
1-800-225-7225

Nova Scotia Centre on Aging

a centre for research, education and outreach

Caregiver Resource Library

"...a public lending library
of books and videos"

Tel: 902 457-6546

Fax: 902 457-6455

E-mail: centre.aging@msvu.ca

00082048



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Other Home Care Services In Nova Scotia

Veterans' Independence Program

Veterans' Affairs Canada administers the Veterans' Independence Program as part of their benefits available to War Veterans. This program offers a variety of home care and home maintenance assistance. For information contact:

Cape Breton, Antigonish Co., &
Guysborough Co.

Phone: (902) 564-7028; Toll-free: 1-800-565-7028

All other places in Nova Scotia

Phone: (902) 426-7931; Toll-free: 1-800-565-0197

Home Support Service

The Red Cross Society's Home Support Service provides capable, trained home-makers, and home support workers to assist persons in time of need due to illness, convalescence or disability. It operates in the metro area as one of the designated home support providers under the provincial Home Care Program. Red Cross also provides service on an income-sensitive fee basis to individuals who are not eligible for government subsidy. For further information, contact:
Red Cross Home Support Service
1940 Gottingen St.
Halifax, NS B3J 3Y2
Phone: (902) 496-0103; Fax: (902) 492-0544

Victorian Order of Nurses

The Victorian Order of Nurses is a non-profit, charitable community health organization which provides professional nursing service to individuals and their families in their home or in the community setting. The VON has established many nursing, home support and volunteer services. Programs include senior citizens' health maintenance programs, foot

care and health assessment clinics, occupational health programs, a friendly visiting service, and adult day centres.

The visiting nursing service is available to all ages, seven days a week. It includes health assessment and teaching, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination. Referrals are accepted from all sources and care is provided in consultation with a physician.

The VON is supported by fees for service, donations, grants and fundraising projects. The fee is based on the average cost of the visit. No one in the areas served is refused service for financial reasons. Thirteen branches serve 82 per cent of the population of the province. Services provided may vary by

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branch. To inquire about services in your area, please call your local branch.

VON Offices

VON Nova Scotia
Suite 219, Bedford Tower, 1496 Bedford
Highway, Bedford, NS B4A 1E5;
Phone: (902) 832-1897; Fax: (902) 832-1755

Halifax.....	(902) 453-5800
Dartmouth.....	(902) 466-2388
Lunenburg. Co.....	(902) 634-9134
Liverpool.....	(902) 354-3249
Yarmouth.....	(902) 742-4512
Amherst.....	(902) 667-8796
Truro.....	(902) 893-3803
Antigonish.....	(902) 863-5700
Sydney.....	(902) 562-1297
Windsor.....	(902) 798-5355
New Glasgow.....	(902) 752-3184
Kentville.....	(902) 678-3415
Bridgetown.....	(902) 665-4723

Home Care Services — Private Sector

Care Choices

Care Choices, an innovative Home Health Care Company serving all of Lunenburg County and Eastern Queens County, offering "personalized home care" based on the clients individual needs.

Care Choices has a full complement of qualified professional bonded staff to draw from: Home Health Aids/Personal Care Workers, LPN's, RN's, In-home Ohysiotherapist Assessor by appointment only and a 24 hour on-call RN Supervisor/Assessor for client emergency service to ensure the standard of care is maintained at the highest level.

Care Choices provides: Convalescent Care, Respite Care, Palliative Care, Hospital Sitting, Homemaker Services and other speciality ser-

vices. An individual comprehensive care plan is developed for each on-going case, with close monitoring by the RN Supervisor. Care Choices carries the maximum insurance coverage and all staff are put through a rigorous interview process prior to becoming part of the team and are evaluated on a continuous basis by the Administration Team. Care Choices has adopted a high standard of care using all available standards such as the RN Standard of Nursing Care, Department of Health's Standards of Care and the Association of Independent Health Care Services Standards of Care.

Care Choices services are available 7 days per week, 24 hours per day (dependent on the distance required to travel to serve the client). Office hours are Mon.- Fri. 8:00 a.m.- 6:00 p.m., Saturday - 8:00 a.m. to 1:00 p.m.

For further information, contact:

Mrs. A.J. (Billy) MacCready
P.O.Box 183

Bridgewater, NS B4V 2W8

Phone: (902) 527-1622; Fax: (902) 543-7966

We Care Home Health Services

Since 1983, We Care has become one of Canada's largest and most trusted providers of personalized in-home care and support services. One call to We Care can arrange any amount and level of care required, whether it is Professional Nursing, Home Support Services, Foot Care or Special Needs Services. For most We Care clients, the care giving process begins with a free in-home assessment and the discussion of a care plan. And over time, as people's situations change, We Care's personalized support services are adjusted to meet the changing needs. We also take the opportunity to ensure that the client is able to take best advantage of available health insurance and community health care programs. Qualifications, skills and professional experience are only part of what it takes to become

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a Care Specialist on the We Care team. The other component is a combination of motivation, vision and commitment....a personal commitment to We Care philosophy of caring excellence. We attribute our on-going success to a simple philosophy: We ask our staff to treat each of our clients with the same dignity, respect and love they would offer a close friend or relative. We can help you to enjoy the independence and lifestyle that only quality home care service can offer.

Services available 7 days a week,
24 hours a day.

Please contact: Mary Wile / Lori Riley
2737 Robie Street
Halifax, NS B3K 4P1
Phone:(902) 454-2571; Fax:(902) 454-2522

COMCARE Health Services

COMCARE is a Canadian owned company established in 1969 as one of the first private home health care agencies in Canada.

To enhance independence, COMCARE provides many services in the home or community setting:

- Skilled nursing care by RN's and LPN's
- In-home care by home support workers
- Palliative care
- Respite and companion care
- Foot care
- Venipuncture
- Occupational therapy /rehabilitation

To meet individual needs, a nursing supervisor provides free in-home assessments. Regular home visits are made to supervise staff. Each member of the COMCARE health team is carefully referenced, screened and bonded.

Our service is available 24 hours a day

For more information please contact:
Patricia Jennex, Manager
Comcare Health Services

3134 Robie St.
Halifax, NS B3K 4P9
Phone:(902) 453-0838 or 1-800-565-1930;
Fax:(902)453-1018

Northside Community Guest Home

The Northside Community Guest Home Outreach offers several programs to assist seniors from the community and others who are medically at risk.

TELECARE — A free phone call to anyone living alone.

LIFELINE — A personal security system that attaches to your telephone which gives you security and peace of mind.

HELPLINE — This service lets us help you solve your problems.

FOOTCARE — Offers the specialized foot care of a chiroprapist.

EQUIPMENT LOAN — The loan of health care equipment.

For further information on these programs contact: Jim Gouthro at 794-4733 between 9 a.m. - 5 p.m. on weekdays; Fax:(902) 794-9071

Nightingale Nursing Services

Nightingale Nursing Services is a locally owned, private duty nursing service which provides all levels of health care personnel to individuals in their own homes, apartments,

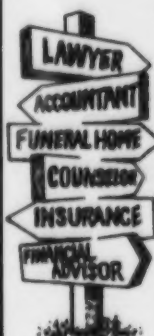
Managing a Death in the Family

Inheritance Management Limited helps individuals choose the right advisors to assist with legal, financial and other issues related to death and dying. We help our client find the best professionals for their particular situation. The lawyers, accountants and other professionals who we work with all have been screened to assure that our clients receive superior quality service from people with integrity and high standards of personal ethics.

Call to arrange a free initial consultation or for more information.
Debbie Arnason, B.Sc., H.Ec., B.Ed.
Principal, Inheritance Management Limited.
Dartmouth, NS

435-7458

darnason@hotmail.com



and in hospitals. It also provides institutional staff relief to local hospitals and extended care facilities including nursing homes and guest homes. Nightingale serves most of Nova Scotia and has staff to meet each clients needs. For information contact:

Nightingale Nursing Services

Phone:(902) 465-9777 (Halifax Region);

Fax:(902) 469-9250

Phone:(902) 562-6274 (Sydney)

Northwood Homecare Services

Northwood Homecare Limited is a not-for-profit coordinated homecare service that addresses the individual's needs in the home to sustain the optimum state of health, activity and independence. Flexible 24 hour service, 7 days a week in the Halifax Regional Municipality helps seniors, the disabled and families at risk make the most out of life.

Northwood Homecare offers a full range of services from home support, nursing care (including I.V. therapy), palliative care, hospice, nutrition, physiotherapy and occupational therapy consults, as well as medication and insurance claims assistance. The type and amount of home care is decided in consultation with you, your family, and/or your physician. The service is available on an hourly basis, as assessed. All home support staff are trained and supervised regularly. For further information on these services please

call:

Northwood Homecare 425-2273;
421-6313 (fax)

Olsten Health Services

Olsten Health Services provides a full range of homecare services including skilled nursing care (RN's and LPN's), personal care workers, home-makers, diabetic care, palliative care, respite care and companion care in the home to help the client remain as independent as possible. All personnel are insured and bonded. Our Nursing Supervisor conducts FREE in-home assessments and makes regular home visits to supervise staff.

All support services are customized to meet individual needs. Service is available in Halifax/Dartmouth and surrounding areas, 24 hours daily, 7 days a week.

We also process paperwork for insurance claims.

For more information, contact:

Phone:(902) 425-3351; Fax:(902) 425-8554

Toll-free: 1-800-565-3351

P.L.S. In-Home Care Ltd.

P.L.S. In-Home Care Ltd. is a private organization that assists others by offering nursing care and other forms of home support such as

Nursing Homes
High-Crest Springhill
Springhill, N.S.
597-2797

Administrator - Millie Carr-Shrum, R.N.

High-Crest Sherbrooke
Sherbrooke, N.S.
522-2147

Administrator - Marion Carroll



High-Crest Place
Elite Residential Care Facility
New Glasgow, N.S.
755-9559

Administrator - Jean Willison, R.N.

Seniors Residential Care
Facilities
Highland Crest Home
Antigonish, N.S.
863-3855

Administrator - Mary Beaver.

Sunset Haven Home
New Glasgow, N.S.
752-3461

Administrator - Rosalie Parsons, R.N.

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personal care, light housekeeping, meal preparation, etc.

P.L.S In-Home Care has been serving the South Shore of Nova Scotia for over ten years. Services are available up to 24 hours a day seven days a week at home or in hospital, free assessments provided.

For more information, contact:
Pat Gabriel
Phone:(902) 543-2877; Fax:(902) 543-7966

In Home Massage Therapy

More and more seniors are finding benefits from Massage Therapy for conditions ranging from general stiffness to insomnia. These benefits are achieved by having the convenience of a massage therapy session in ones own home, and some extended health care plans cover massage therapy.

Stacey Opalka of Spring Garden Massage Therapy, has been a massage therapist for over eight years. During this time she has seen an increasing demand for therapeutic massage amongst seniors and is currently working with seniors from Melville Heights in Halifax. "Many people find great results from Massage Therapy. The session is tailored to each client for individual care. Checking with your medical doctor for any contraindications would be suggested," expresses Stacey Opalka.

For more information on Massage Therapy In-Home Sessions please call Stacey at 455-4300.

Private Duty Registry

The Private Duty Registry offers 24 hour nursing service at home or in the hospital. Shifts and hours can be arranged to suit the needs of the patient. For information, leave a message and your call will be returned

promptly:
Piri Kerekes
37 Southill Dr., Halifax, NS B3M 2X9
Phone:(902) 423-6469

Kelly Home Care, A Division of "Sitters R'US" Limited

Kelly Home Care is a privately-owned Nova Scotian company, providing a number of services throughout the Municipality. We provide LPN's, PCW's, home-makers and home support, companionship, and respite care. We also provide relief care to local hospitals and extended care facilities.

We offer 24 hour service. In-home assessments are carried out by the Director before a caregiver is placed in your home. All our caregivers are carefully and thoroughly screened, then selected.

It is mandatory that all our caregivers provide us with a National Criminal Records Check; a complete Form XIII from the Child Abuse Registry (a 10 year history check for child abuse); undergo a medical; provide us with a driver's abstract; and have a Level C, CPR certificate. PCW's and LPN's must also be fully certified in order to complete their assigned duties.

Our commitment is to provide you and your family with the highest level of care, to meet your individual needs. For more information, contact:
Jaci Kelly, Director
6028 Hammond Rd.
Suite 216, Halifax, NS B3K 2R6
Phone:(902) 425-7727; Fax:(902) 455-1205
Visit our Website at: www.sittersrus.attcanada.net

Respite Programs

Respite Care

Caring for the chronically ill and disabled persons may pose a heavy burden on families, tying them down for long periods of time. This is where respite care comes into the picture. The phrase means the provision of alternative care, generally in a group setting, for two or three weeks or less, while the family caring for the individual takes a vacation and has respite from the burden of constantly being on the job.

There are a number of homes for special care that provide respite or vacation beds including:

- Villa Acadienne, Meteghan... (902) 645-2065
- Roseway Manor, Shelburne... (902) 875-4707
- Queens Manor, Liverpool... (902) 354-3451
- Tideview Terrace, Digby... (902) 245-4718
- Miners Memorial Manor, Sydney Mines
..... (902) 736-1992
- MacGillivray Guest Home, Sydney
..... (902) 539-6110
- Northhills Nursing Home, Annapolis Royal
..... (902) 532-5555
- Mahone Nursing Home, Mahone Bay
..... (902) 624-8341
- Dykeland Lodge, Windsor... (902) 798-8346
- Harbourview Haven, Lunenburg
..... (902) 634-8836
- Gables Lodge, Amherst... (902) 667-3501

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Contact Administration

422-3969

- I.O.O.F. Home, Pictou... (902) 485-5492
- Melville Lodge, Halifax... (902) 479-1030
- Valley View Villa, Riverton
..... (902) 755-5780
- The Cove Guest Home, Sydney
..... (902) 539-5267
- Tidal View Manor, Yarmouth
..... (902) 742-7853
- Milford Haven, Guysborough
..... (902) 533-2828
- Port Hawkesbury Home, Port Hawkesbury
..... (902) 625-1460
- Glades Lodge, Armdale... (902) 477-1777
- Nakile, Yarmouth Co... (902) 643-2707
- Shoreham Village, Chester
..... (902) 275-5631
- Windsor Elms, Windsor... (902) 798-2251
- Fairview Villa, Fairview... (902) 443-1971
- Surf Lodge, Lockport... (902) 656-2014
- Duncan MacMillan, Halifax
..... (902) 885-2545
- Haliburton Place, Windsor... (902) 792-2003
- Musquodoboit Valley Home for Special Care
— Middle Musquodoboit
..... (902) 384-3007
- Scotia Nursing Home - Beaverbank
..... (902) 865-6364
- The Birches - Musquodoboit Harbour
..... (902) 889-3474
- R.K. MacDonald Nursing Home - Antigonish
..... (902) 863-2578
- Seaview Manor - Glace Bay
..... (902) 849-7300
- The Cove Guest Home - Sydney
..... (902) 539-5267
- Bayview Memorial Health Centre —
- Advocate Harbour... (902) 329-2859
- High Crest Springhill Home for Special Care
- Springhill... (902) 597-2797
- Mountain Lea Lodge - Bridgetown
..... (902) 665-4489
- North Queens Nursing Home - Caledonia
..... (902) 682-2553
- Tidal View Manor - Yarmouth
..... (902) 742-3541

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Additional information is available by contacting:

Licensing Coordinator

Long Term Care, Department of Health

P.O. Box 488, Halifax, NS B3J 2R8

Phone:(902) 424-2324; Fax: (902) 424-0558

Adult Day Programs

South Cumberland Community Care Centre/Adult Day Programs

The Adult Day Program is a Monday to Thursday program designed to meet some of the medical, physical, and social needs of individuals 18 years of age and over. The purpose of the program is to help people maintain their health; foster independence; and improve their quality of life, so they may remain in their homes and community as long as possible.

Services include those of a social worker, occupational therapist one day every two weeks, a dietician once weekly, access to physiotherapy, diabetic clinic, lab/x-ray as referred by physician and Mental Health services. An RN is on duty daily. Other aids and equipment for daily living are available as required.

A small fee applies if possible. We serve Parrsboro and surrounding areas. For information, contact:

Heather Beaver or Brenda Roberts

South Cumberland Community Care Centre
Parrsboro, NS B0M 1S0

Phone:(902) 254-2540

Digby General Hospital

Operating from 8:30 a.m. to 4:30 p.m., Monday to Friday, the Digby General Day Hospital program provides a multi-disciplinary approach to therapy, rehabilitation and wellness promotion. A treatment program is tailored to each client's needs, including the maintenance of mobility, functional independence, mental wellness, health education,

adaptive equipment, nutrition and hygiene. A program of health promotion for persons with Alzheimer's Disease and related disorders, and respite for their caregivers is also available one day per week.

For further information, contact:

Digby General Hospital, Day
Hospital Program

67 Warwick St., Digby, NS B0V 1A0

Phone: (902) 245-2501 ext. 284

Fax:(902) 245-5517

Daytime Leisure Activities & Programs for
Seniors Respite for Family & Caregivers
"Home Away From Home"

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Audrey's Place: supervised social activities for 50+ individuals. Enhanced opportunities for independence, well being, community involvement and expanded social life.

Early Booking Savings

Programs for Seniors for 2001 will be published on December 15, 2000. You will receive special savings if you confirm your ad space by May 31, 2000.

Additional savings are available if you reserve space for the two issues for years 2000, 2002.

For more information on how we can assist you to reach 120,000 Nova Scotian's serviced by the Nova Scotia Senior Citizens Secretariat, Contact us today!

Programs For Seniors
c/o Nova Scotia Business Journal
11 Thornhill Drive
Dartmouth NS
B3B 1B9

Ph: 902-442-0577
Fax: 902-442-3425
email: nsb@nsbusinessjournal.ca

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Audrey's Place is located at 449 Purcell's Cove Road — telephone Audrey Siddall at 477-5346.

Perfume & Smoke Free Environment

Northside Harborview Hospital Seniors' Day Program

The Seniors' Day Program was established in 1982 as an outreach service for the Northside area designed to assist seniors (65 years of age or older) to maintain their independence in the community. Clients of the program are provided with day-time medical, nursing, rehabilitative, nutritional, spiritual, and psychosocial activities supplementing family care.

With volunteers, the activities coordinator plans and directs exercise programs, crafts, religious services and special events. Hearing and speech, foot care and hair dressing services are also provided.

Transportation is provided for those who require it, along with a noon meal and snacks. Clients are charged a small fee for these services.

Referrals are accepted from physicians, health professionals, clergy or families. Clients applying must require at least two of the services provided. Hours of operation are 9 a.m. to 3 p.m. Monday to Friday, excluding holidays.

For information contact:

Heather Duff
Unit Manager, Seniors' Day Program
Harborview Hospital
22 Richard Street, Sydney Mines
Phone: (902) 736-2831 ext. 140

Northwood Homecare Adult Day Programs

A social day program for individuals 50 years and over who may require some degree of assistance to maintain their independence in the community. Health monitoring, exercise programs, recreational activities, group discussions and counselling are some of the services available. A noon meal and snacks are provided.

The program is held on Thursdays and Fridays from 8:30 a.m. to 3:00 p.m. For information contact: (902) 454-3347.

Day Support Program

A day program designed for individuals who are experiencing memory loss and confusion due to Alzheimer Disease or other forms of dementia. The program provides flexible individualized programming, health monitoring and support for caregivers. The program is available Monday to Friday 8:30 a.m. - 3:00 p.m. and includes a full noon meal and snacks. For information, contact: Phone: (902) 454-3347

QEII Health Sciences Centre Day
Hospital Program
Camp Hill Veterans' Memorial Building
First Floor, 5955 Jubilee Road
Halifax, NS B3H 2E1
Tel: 473-2603

QEII Health Sciences Centre

If you're coming to the QEII the first thing to ask your doctor or the secretary or receptionist is "Which building do I go to?" There is no one building called the QEII. The QEII is a large organization of 10 buildings on different streets. If you don't ask you may get lost.

The QEII is comprised of these buildings:

- New Halifax Infirmary (Outpatient entrance — Robie St., Inpatient and Emergency entrance Summer St.)
- Dickson Building, including the NS Cancer Centre (University Ave.)
- Bethune Building (University Ave.)
- MacKenzie Building (University Ave.)
- Victoria Building (South Park St.)
- Centennial Building (South Park St.)
- Camp Hill Veterans' Memorial Building (Jubilee Rd.)
- Abbie J. Lane Memorial Building (Jubilee Rd.)
- Nova Scotia Rehabilitation Centre (Summer St.)

QEII Switchboard:

- (902)473-2110 (VG)
- (902)473-4222 (CHVMB/AJLB)
- (902)473-2700 (nHI)
- (902)473-1787 (NSRC)
- (902)473-6000 (NSCC)

QEII Emergency Department:

(902)473-2043

If you are coming to the QEII from out of town and would like a list of accommodations please call our recorded accommodation hotline at 473-1444. Leave your name and complete

address and we'll send you a list of hotels, hostels, bed & breakfasts, etc. that offer reduced rates to QEII patients and families.

Meal Programs

Nova Scotia Meals Network

The Nova Scotia Meals Network is made up of the four regions with key resource people or contacts:

Eastern Region

Joan Fownes, Dietitian
Victoria County Memorial Hospital
Baddeck, NS B0E 1B0
Phone: (902) 295-3432

Northern Region

Clara MacKinnon, F.S.S.
C/o Valley View Villa, RR#1 Stellerton, NS

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The Dalhousie Medical Research Foundation
Sir Charles Tupper Medical Building
Halifax, Nova Scotia B3H 4H7

(902) 494-3502 toll free 1-888-866-6559
www.dmrf.org

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BOK 1S0

Phone: (902) 755-5780

Fax: (902) 755-3104

Western Region

Vivian MacMillan

Box 427 Windsor, NS B0N 2T0

Phone: (902) 798-4913

Pam MacKinley

VON Kings Branch, Wolfville, NS B0P 1X0

Phone: (902) 847-9412

Fax: (902) 690-2106

Central Region

Debra Dostal

Spencer House Senior Centre

Phone: (902) 421-6131

Caregiver SupportCaregiver Resource Library —
Nova Scotia Centre on Aging

The Caregiver Resource Library is a lending library of books and videos which provide information and support for family and professional caregivers. Materials focus on such topics as the aging process, elder abuse, legal issues, home care, stress, counselling, aging with developmental disabilities and support groups. The Caregiver Resource Library is part of the Nova Scotia Centre on Aging at Mount Saint Vincent University. Anyone living in Nova Scotia may borrow from the Caregiver Resource Library. Courier service is available for people living outside the Halifax area.

The Library is open Tuesday and Thursday 1:00 p.m. - 4:30 p.m. For information, contact:

Library Coordinator, Caregiver Resource Library

Mount Saint Vincent University

Bedford Highway, NS B3M 2J6

Phone: (902) 457-6561 Fax: (902) 445-3960

Equipment and Personal Aids for Seniors**Canadian Red Cross Society...****Health Equipment Loan Service**

This program operates volunteer based loan depots throughout the province. Equipment generally carried in inventory are crutches, canes, walkers, wheelchairs, commodes, raised toilet seats and bathtub aids. Loans are free of charge and usually for up to 3 months. The provincial depot is located at 1940 Gottingen St., Halifax and can be contacted Monday to Friday 8:30 a.m. - 4:30 p.m. for specific equipment requests or for information on other depots. For further information, contact: Phone: (902) 423-3680
Fax: (902) 492-0544

Harding Medical Supplies

Harding Medical sells, rents and repairs a wide variety of health care equipment, from canes to home elevators. For information, contact:

Harding Medical

5541 Russell St., Halifax, NS B3K 1X1

Phone: (902) 453-6900; Toll-free: 1-800-565-1680

Maritime Tel and Tel

Maritime Tel and Tel offers a variety of equipment and services designed to provide telephone use for people who have hearing, speech, sight or motion disabilities. For more information on Maritime Tel and Tel's Special Needs equipment, contact:

Toll-free: 1-800-694-9313

Toll-free TTY/TDD: (902) 487-5999

Northwood -Telecare Services

Telecare provides a reassuring hello to persons who live alone in the Halifax, Bedford and Sackville areas. A friendly voice to make sure

you are all right, or call an assigned contact person if you cannot be reached.

For information, contact our free of charge service at:

Phone: (902) 421-6387

Fax: 453-1278

Easy Living Shops Canada Limited

Easy Living offers clothing for seniors and disabled persons that is specially designed for incontinent persons, persons with arthritis, and those having difficulty dressing. For further information or a catalogue, contact:

Easy Living Shops

270 Lilac St., Winnipeg, MB R3M 2T4

Phone: (204) 284-2009; Fax: (204) 478-1166

Toll-free: 1-800-665-1976

or Paula Chambers, NS Representative at
(902) 542-1405

Northwood Lifeline Personal Emergency Response Service

Northwood Lifeline's not-for-profit personal emergency response service has been providing peace of mind to seniors and their families for over 13 years. Offered to all communities in Nova Scotia through a large network of volunteer organizations, the service reassures individuals that help is sent at the push of a small waterproof button. Immediate voice contact with a caring 24 hour response centre that has all your emergency information will summon the help you need. There are no minimum time restrictions and the cost is \$1.40/day and \$25 for installation. For a free brochure or demonstration contact:

Toll-free: 1-800-461-3346

Metro Halifax: (902) 492-3346

Fax: (902) 421-6385

Medic Aid Response Systems

This Canadian owned operated company has been represented across Canada and in particular through Nova Scotia for the past 11 years. The company installs voice and non-voice medical alarms units, which are rented at \$28.00 per month and \$32.00 per month respectively. Our U.L.C., bi-lingual monitoring station provides 24 hour service and puts emergency services into action within seconds of receiving the signal from each unit. We use state of the art technology and clients can be provided with either wrist or hanging waterproof pendants. For further information and an obligation free demonstration contact:

Greg Lambert — President

Medic Aid Response Systems

Suite # 201, 3681 Kempt Road

Halifax, NS B3K 4X6

Phone (902) 454-8877; Fax (902) 454-7857

Toll-free: 1-800-565-9135

Website: [Http://www.MedicAid-Canada.com](http://www.MedicAid-Canada.com)

MedicAlert

It is suggested that individuals wear a MedicAlert bracelet or necklace to ensure emergency personnel are aware of your medical conditions such as allergies or special needs. Each indent is custom engraved with the member's primary medical condition, personal identification number and MedicAlert's 24-hour international hotline number. In an emergency, the complete record is available to medical professionals anywhere in the world. MedicAlert applications are available at doctors offices, pharmacies, hospitals, life insurance offices or by contacting:

Canadian MedicAlert Foundation

250 Ferrand Dr., Toronto, ON M3C 3G8

Toll-free: 1-800-668-1507

Housing

Housing Grants & Loans — Nova Scotia

Department of Housing and Municipal Affairs

Access-A-Home Program

The Department of Housing and Municipal Affairs provides funds to adapt existing housing units to suit persons who use wheelchairs. Grants up to \$3,000 are available for the removal of architectural barriers which limit the use of a wheelchair.

Parent Apartment Program

The Parent Apartment Program offers low interest loans to a maximum of \$25,000 to create affordable housing accommodation for senior family members by additions, alterations, or renovations to a single family dwelling or the purchase of a garden suite.

To qualify, the parent means a person or persons, one of whom is 50 years of age or older, whose combined annual income is \$20,000 or less.

The home must be the applicant's or parent's

principal residence and outstanding charges on the property must not exceed 90 percent of market value after completion of the new unit. Up to 550 square feet of space can be renovated or added on. The loan must be secured by a first or second mortgage. The interest rate is six per cent with a repayment term of not more than 10 years.

Provincial Housing Emergency Repair Program (PHERP)

This program provides funds to assist persons of low and fixed incomes to carry out emergency repairs to their homes. Grants are available in the form of a one-time grant to a maximum of \$2,500.

The eligibility requirements are: combined income of \$14,000 or less per year; client ownership; and the needed housing repairs must resolve a health and safety hazard. The dwelling must be the applicant's principal residence and be a single family unit, including a detached or semi-detached unit, a mobile home or a row housing unit.

Senior Citizens' Assistance Program (SCAP)

This program provides funds to assist senior citizens 65 years of age or older to carry out emergency repairs to their homes. Assistance may be provided to qualifying seniors who wish to remain in their own homes but who are unable to afford repairs required to allow

The Hearing Centre

Steven Pugsley, M.Sc., Aud(C), Audiologist
5599 Fenwick St., Main Floor
Halifax, NS B3H 1R2

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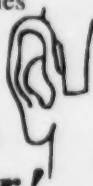
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them to do so. Up to a maximum of \$3,000 may be available to qualifying seniors. Eligibility requires that the client or spouse be 65 years of age or over; must have a combined annual income of \$20,000 or less, own and reside in the dwelling for which the application is made; and must not have received previous assistance.

The dwelling must be the principal residence of the applicant and be a single family unit, including a detached, or semi-detached unit, a mobile home, or a unit of row housing.

Home Adaptations for Seniors' Independence (HASI)

HASI was set up to assist low-income seniors who have difficulties with daily living activities in the home by providing financial assistance to home owners and landlords to carry out minor home adaptations. The assistance is in the form of a forgivable loan; the maximum amount available is \$2,500. The forgivable loan is secured with a promissory note and the loan is forgiven during the 6 month forgivable period.

Small Loans Assistance Program (SLAP)

The Small Loans Assistance Program provides low interest loans up to \$20,000 for repairs, alterations or adaptations to single family homes and for completion or partial completion of a single family home. Recent changes aimed at speeding up the application process now make it possible to get a loan up to \$3,000 through a promissory note.

Assistance may also be provided to homeowners and/or occupants of larger family homes to convert a portion of the home to a self-contained apartment unit.

Eligibility requires that the client own and reside in the dwelling; have a gross family income of \$35,000 or less per year; have a good credit rating; and total housing indebted-

ness not exceeding 27 per cent of the gross family income defined to include principal, interest and taxes. The dwelling must be the principal residence of the applicant and be a single family unit including a detached or semi-detached unit, a mobile home or a unit of row housing.

Head Office

1601 Lower Water St.
Summit Place - 4th floor
Halifax NS, B3J 3P6
Phone: (902) 424-4141

Regional Offices

Metro Regional Office
1496 Bedford Highway, Suite 304
Bedford Towers
Bedford, NS B4A 1E5
Phone: (902) 424-5110;
Toll free: 1-800-774-5130
Fax: (902) 835-9141

Cape Breton Regional Office

Provincial Building, 360 Prince St.
P.O. Box 1267
Sydney, NS B1P 5L1
Phone: (902) 563-2120;
Toll free: 1-800-567-2135
Fax: (902) 563-2370

Central Regional Office

176 Archimedes St., P.O. Box 481
New Glasgow, NS B2H 5E5
Phone: (902) 755-5065;
Toll free: 1-800-933-2101
Fax: (902) 752-7133

Western Regional Office

166 Commercial St., P.O. Box 1000
Middleton, NS B0S 1P0
Phone: (902) 825-3481;
Toll free: 1-800-564-3483
Fax: (902) 825-6560

Field Offices**Amherst District**

144 East Victoria St., P.O.Box 486

Amherst, NS B4H 4A1

Phone: (902) 667-1161;

Toll free: 1-800-933-2101

Fax: (902) 667-5679

Truro District

9 Church St., Truro, NS B2N 5E8

Phone: (902) 893-5999;

Toll free: 1-800-933-2101

Fax: (902) 897-1146

Bridgewater District

99 High St.,

Bridgewater, NS B4V 1V8

Phone: (902) 543-7336

Toll free: 1-800-278-2144

Fax: (902) 543-0687

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Seniors' Apartments

Public Non-Profit Housing

As a result of recent changes, seniors may not be required to sell their principal residence. The new policy allows for an adjusted rental charge based on the revenue that would be received from the assessed value of the seniors' property invested at prevailing interest rates. In the interim, they pay their fair share in the rental units.

A total of 7,797 senior citizens' housing units are available through 7 housing authorities located in Nova Scotia. Housing Authority offices are located in the following areas of Nova Scotia:

Annapolis Valley Housing Authority

1105 Kentucky Court,

New Minas, NS B4N 4N1

Manager: Mr. Jim Videto

Phone: (902) 681-3179/Fax: (902) 681-0806

Toll-free: 1-800-441-0447

Region 4

Cape Breton Island Housing Authority

18 Dolbin St., P.O.Box 1372

Sydney, NS B1P 6K3

Manager: Mr. Cyril LeBlanc

Phone: (902) 539-8520

Fax: (902) 539-0330

Toll-free: 1-800-565-3135

Region 1

Cobequid Housing Authority

144 Victoria St. East, P.O.Box 753

Amherst, NS B4H 4B9

Manager: Mr. David S. Harrison

Phone: (902) 667-8757

Fax: (902) 667-1686

Region 2

Eastern Mainland Housing Authority

176 Archimedes St., P.O.Box 116,

New Glasgow, NS B2H 5E1

Manager: Mrs. Nadine Frazer-Bate

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Phone: (902) 752-1225
Fax: (902) 752-1315
Region 2

Metropolitan Housing Authority
3799 Kempt Rd.
Halifax, NS B3K 4X8
Manager: Pat Lawrence
Phone: (902) 420-6000
Fax: (902) 420 6020
Toll-free: 1-800-565-8859
Region 3

South Shore Housing Authority
129 Aberdeen Rd., Suite 101
Bridgewater, NS B4V 2S7
Manager: Mr. Allen MacArthur
Phone: (902) 543-8200
Fax: (902) 527-1357
Region 4

Tri County Housing Authority
368 Main St., Suite 206
Yarmouth, NS
B5A 1E9
A/Manager: Ms. Kim Jacquard
Phone: (902) 742-4369
Fax: (902) 749-1258
Toll-free: 1-800-285-8949
Region 4

Private Housing Options The Berkeley

The Berkeley name stands for the best in gracious, independent, retirement living. Berkeley residences offer an unusually high level of service and commitment to seniors who value independent living. Staff and management at The Berkeley are fully committed to providing extraordinary personal attention and service. Life at The Berkeley allows for worry-free independence with as much privacy as you wish. You'll find a full range of opportunities for socializing, entertaining and group activities.

The charm and attraction of The Berkeley can be found in the gracious surroundings, private suites, exceptionally dedicated, friendly staff on duty 24 hours, beautifully prepared meals, round-the-clock security, and personal care assistance and respite care when needed. Our staff nurses, driver and vehicle are available, as well as housekeeping and laundry services.

We welcome your call for more information, or a tour of The Berkeley Halifax (5266 Green Street), The Berkeley Dartmouth (35 Eisener Boulevard) or The Berkeley Bedford. For more information please call The Berkeley at: 429-2222

John Hugh MacKenzie Housing Co-operative

Located in the South End Halifax a short walk from downtown, the John Hugh MacKenzie Housing Co-op is made up of 43 housing units. All occupants are 40 years of age and over. Originally designed for seniors, the unique apartment building contains 8 bachelor, 31 one-bedroom and 3 two-bedroom suites, all opening onto the large atrium common area in the middle of the building. All units are fully accessible. Each one includes a stove, a frost-free fridge, and storage area.



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Included in the rent is heat, lights and hot water. Other features include a security intercom entrance, lobby mail delivery, an elevator, individual storage lockers, laundry rooms on each floor, and underground parking for 13 vehicles at an extra charge.

The Co-op operates a library and crafts room, workshop facilities, a meeting room, and an office.

Contact: (902) 492-1808.

Fax: (902) 461-1101

Victoria Hall

A beautifully decorated, historic residence for senior women who are still active and independent, but who may require basic support. Victoria Hall offers three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support (including full time and security staff), laundry service, cleaning, exercise classes, cable TV, social events and parking are provided for \$815.00/mth. Use of the foot clinic, hair salon and personal telephone are at the residents' own expense. Bus service near the front door. Contact: The Administrator, 2438 Gottingen St., Halifax, NS B3K 3B9 (902) 422-3969

Melville Heights

Melville Heights is a beautiful retirement residence overlooking the Northwest Arm. It has all the comfort, security and amenities for an active, independent lifestyle. At Melville Heights, our mission is to provide you with the quality of life you deserve. Safe, worry-free, leisure living.

Our studio, one bedroom and two bedroom apartments are spacious and have full kitchen facilities. There are many amenities, activities and conveniences included in the monthly fee.

If you are an active senior wanting to make the most of life, Melville Heights should be your home address. Like many satisfied residents, we know you won't do without living here once you have seen the finest independent living for seniors. For more information, contact:

Melville Heights

24 Ramsgate Lane, Halifax, NS B3P 2R6

Phone: (902) 477-3313

Haven Manor

Haven Manor, South End retirement home is serving Metro area with personal care and family life atmosphere since 1972. It is located at 6411 Coburg Rd. close to all amenities. For brochure and additional information, please call 421-1167.

Drumdonald Manor

The alternative lifestyle for those who can no longer live alone or do not wish to live alone. Share a home with two other adults and have your own private live-in attendant. For an information brochure please contact:

Drumdonald Manor

38A Withrod Dr., Halifax, NS B3N 1B1

Phone: (902) 479-3165

Northwood Care Apartments

These cosy bachelor (for singles) and one bedroom apartments for couples offer older adults an opportunity to live to their fullest potential.

Available to seniors 58 years and older, the apartments are situated within Northwood Complex. Services on site include a pharmacy, convenience store, gift shop, beauty parlour, barber shop and 24 hour nursing coverage for emergencies. Many activities and out-

ings are available through our Community Centre. For further information, contact: Admissions Department

The Gladys M. Manning Retirement Community

Phone:(902) 454-3335; Fax:(902) 455-6408
Located on College Road in Windsor, overlooking beautiful Pesequid Lake and the Kings Meadow, this scenic site comprises approximately 100 acres being developed by the Atlantic Baptist Senior Citizens' Homes Inc. as non-profit housing for seniors 55 years of age and over. Various housing and service options are available.

A 40-unit apartment building designed to meet the needs of the independent senior. These quality apartments are two-bedrooms and have been designed so one of the bedrooms is also suitable for a den or dining room. Spacious lounges and laundry facilities are located on each floor. A games and meeting room is located on the second floor. Land is available for gardening. Meal service is available in the retirement residence.

A retirement residence with 24 apartments opened in January 1998 and offers a full range of enhanced services including meals (dining room service), housekeeping and general tenant assistance. The monthly rent includes two meals per day, utilities (heat, electricity, cable TV), housekeeping, tenant assistance and recreational facilities and programs.

"Quality housing options designed to meet the needs of seniors."

For further information, please contact:
The Gladys M. Manning Retirement Community

530 College Rd., Windsor, NS B0N 2T0
Phone:(902) 798-0441; (506) 858-7870
Fax:(506) 858-9674
E-Mail: spencerhome@health.nb.ca

Home Maintenance

Home Energy Conservation, NS Department of Natural Resources

The Nova Scotia Department of Natural Resources provides a toll-free telephone line for Nova Scotians with questions about energy use in the home, including insulation, windows, heating systems and condensation, and energy conservation. Free publications and video tape loans available.

For information
Monday to Friday, 8:30 a.m. - 4:30 p.m.,
contact:
Phone:(902) 424-8188; Toll-free: 1-800-670-4636



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Nova Scotia Power — Programs and Services

Nova Scotia Power offers a variety of special services that may be of interest to seniors such as the Automatic Payment Plan, the Third Party Notification Plan and the Power Smart Program. For more information Monday - Friday 8 a.m. - 8 p.m. contact: Toll-free: 1-800-428-6810; TDD: 1-800-565-6051

Nova Scotia Home Builders Association

The Nova Scotia Home Builders Association (NSHBA) is a non-profit organization of independent home builders, renovators, and corporate members, working as a group to improve the residential housing industry. The Renovators' Council, a sub-committee of the NSHBA promotes professionalism in the renovation industry.

The Council offers an information package for seniors to help them renovate with peace of mind and confidence. The package includes a list of NSHBA members who are professional, reputable renovators, as well as information on questions to ask potential renovators and items that should be included in a written contract.

To request an information kit, contact:
Nova Scotia Home Builders' Association
15 A Oland Crescent
Bayers Lake Business Park
Halifax, NS B3S 1C6
Phone: (902) 450-5554; or 1-800-668-2001
Fax: (902) 450-5448
Internet: www.nshba.ns.ca
E-mail: renovations@nshba.ns.ca

Learning Opportunities Libraries

Nova Scotia Regional Public Libraries - Services for Seniors

Nova Scotia Regional Public Libraries offer a variety of programs and services to senior citizens. These programs and services include: large print books; special collections of information relating to the interests and concerns of seniors; Books By Mail Service; Book Delivery Services; Talking Books Service; descriptive videos; and special library programs are offered which feature topics of interest to seniors. For more information, contact your nearest Regional Library.

Other Resource Libraries

Caregiver Resource Library,
Nova Scotia Centre on Aging
Phone: (902) 457-6561

Alzheimer Resource Library

Alzheimer Society of Nova Scotia
Open Mon-Thurs., 9 a.m. - 5 p.m. &
Friday 9 a.m. - 4 p.m.
Phone: (902) 422-7961

Cancer Resource Library

Cancer Treatment and Research Foundation
Phone: (902) 428-4288; (902) 428-4200

Universities

Several universities in Nova Scotia offer credit courses to seniors on a tuition-free basis. For further information, contact the registrar's office at the nearest university or college.

Bachelor of Applied Arts Family Studies and Gerontology — MSVU

Mount Saint Vincent University New Program: The Family Studies and Gerontology program offers two options: 1) Gerontology, which focuses study on issues related to aging, and 2) Family Studies, which encompasses a study of individuals and families across the life course. Students are prepared for a variety of careers in the social welfare, aging, and family support sectors which focus on prevention, support and community development.

Learning Opportunities

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For example, graduates of this program are employed in family resource centres, transition houses, senior centres, long-term care facilities, and government departments which develop programs and policies related to issues associated with families and individuals across the life course.

A new Masters degree in Family Studies and Gerontology will be implemented in September 2000. Contact Judy Dickinson
Department of Applied Human Nutrition
Department of Family Studies & Gerontology
Tel: 902-457-6321 Fax: 902-457-6134

Mount Saint Vincent University Certificate in Gerontology

Mount Saint Vincent University offers a Certificate in Gerontology program for individuals currently working or planning to work in the field of aging. Normally, students enter the program with at least five units of university credit, but others may be accepted on the basis of equivalent experience or training. The program is structured to meet the needs of part-time students and requires successful completion of six units of credit. For more information, contact:
Admissions Office, MSVU
Bedford Hwy., Halifax, NS
Phone: (902) 457-6128

Community Education Programs

Community Education

Seniors' programs focus on education, health, transportation, recreation, and the social needs of seniors and consist of classes, workshops and seminars. For information, contact:

Regional contacts:
Halifax.....Gordon Michael.....421-6835

Kentville.....Phil Van Zoost.....679-3133
North Sydney....Rod MacDonald 794-6206
Amherst.....Colleen Davidson.....667-5454
Port Hastings....Jack Beaton.....625-2191
Yarmouth.....Gerald Pitman.....742-9266
Dartmouth.....Marie Germaine d'Entremont
.....435-3412

SouthWestern Career Institute Inc.

The SouthWestern Career Institute is a private Career College, registered with the Department of Education and Culture. SWCI is located in Bridgewater and has a focus on continuing learning opportunities for seniors. Courses range from Interest classes (e.g.: Genealogy, Prepare your Own Will, Day to Day Technology) to Introductory Computer classes (e.g.: Windows '95/'98, Internet, Email) to more advanced personalized Custom Training.

We are also open to ideas for classes from our seniors. If it's feasible, we will present the course.

Classes range in length from 2 hours to a few evenings, or Saturday(s) depending on the course and availability of the instructors and preferences of those attending. As well, SWCI can arrange for the instructors to go to the seniors, if they prefer.

All seniors receive a discount from our usual pricing.

With the custom training, the price remains the same for one person, or if the one person brings up to three friends.

We can be reached at:
724 King Street Plaza
Bridgewater, NS B4V 1B4
Phone (902) 543-9900 / 1-800-572-2287
Fax (902) 543-4363
Email: swci@istar.ca

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Elderhostel

Elderhostel is an education-travel adventure organization with programs on every continent. At the Elderhostel program of your choice you can take courses and do field trips on a wide variety of subjects and join in extra curricular activities giving retired adults the opportunity to travel and learn at the same time. For information or for a presentation on Elderhostel, contact:

Joyce Kennedy, Director, Atlantic Region
Elderhostel Canada
22 Woodlawn Road
Dartmouth, NS B2W 2R6
Phone: (902) 434-9320 or
Fax: (902) 435-7028

Elderlearners

Elderlearners is an organization of seniors (55 years old and over) offering members an opportunity to become involved in lifelong learning. We continue to educate ourselves through a series of lectures every fall and winter on a wide variety of subjects of interest to seniors. Patterned on Universities of the Third Age in Europe, it encourages members to share ideas and become involved in third age learning. Elderlearners is sponsored by the Division of Continuing Education at Saint Mary's University. For more information, contact:

Elderlearners

C/O Brian Tupper, SMU
P.O. Division of Continuing Education
Saint Mary's University,
Halifax, NS B3H 3C3
Phone: (902) 420-5492; Fax: (902) 420-5103

Legal Services**Public Legal Education Society of Nova Scotia**

The Public Legal Education Society (PLE) is a not-for-profit society that provides Nova Scotians with information and resources about the law. Programs include a legal information line and lawyer referral service, dial-a-law which provides information on tape, publications about the law including wills, powers of attorney, and a seniors and the law kit, a website, a speakers bureau of lawyers and other professionals who will talk to community groups about the law.

PLE receives funding from the Law Foundation of Nova Scotia, the Department of Justice Canada and the Nova Scotia Department of Justice. It also relies on fund-raising activities and donations from the public.

Legal Information Line and Lawyer Referral Services

To ask questions about the law or to use the Lawyer Referral Service call 455-3135 in the Halifax/Dartmouth Metro area or 1-800 665-9779 if you are calling long distance (toll free in Nova Scotia).

Through the Lawyer Referral Service, you can be referred to a lawyer who will give you up to a 30 minute consultation for \$20 plus taxes.

Dial-A-Law

To listen to legal information on tape, call 420-1888. This is not a toll free service but it is available 24 hours a day. You will need a touch tone phone.

Website

Provides information on PLE's activities. You can ask questions by e-mail and read a number of our publications posted on our site.
[Http://www/chebucto.ns.ca/PLENS/Law/](http://www/chebucto.ns.ca/PLENS/Law/)
 e-mail: plens@web.net

Publications, Speakers Bureau and other business
 Phone: (902) 454-2198 or Fax: (902) 455-3105

911-6080 Young Street
 Halifax, NS B3K 5L2

Nova Scotia Legal Aid

There are 13 regional offices, three sub-offices, and the office of the Executive Director located throughout the province. Nova Scotia Legal Aid may be granted to a person on Social Assistance or in an equivalent financial position and where there is merit in providing legal assistance in certain areas of family and criminal law.

Legal Aid offices are located as follows:

Halifax, Agricola St.....(902) 420-3450
 Halifax(902) 420-6565
 Dartmouth.....(902)420-8815
(902)420-8818
 South Shore/Bridgewater.....(902)543-4658
 Lunenburg Co.
 Southwestern, Yarmouth.....(902)742-7827
 Annapolis/Annapolis Royal....(902)532-2311
 Digby Co.
 Kings Co., Kentville.....(902)679-6110
 Cumberland Co., Amherst....(902)667-7544
 Hants Co., Windsor.....(902)798-8397
(902) 798-8398
 Colchester Co., Truro.....(902) 893-5920
 Pictou Co., New Glasgow.....(902) 755-7020
 Antigonish.....(902) 863-3350
 Cape Breton, Sydney.....(902) 563-2295
Sub Offices
 Guysborough Co.....(902) 863-3350
 Port Hawkesbury.....(902) 625-2520

(or call Antigonish Office)

Liverpool/Bridgewater.....(902) 543-4658

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth Metropolitan Area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the Law School of Dalhousie University. For information contact:

Catherine Currell, Office Manager

Dalhousie Legal Aid

2209 Gottingen St., Halifax, NS, B3K 3B5
 Phone:(902) 423- 8105 Fax:(902) 422-8067

Making a Will

The period following a death can be a highly emotional time. It is wise, then, to do some basic pre-planning to spare your friends and family from agonizing decisions, confusion, worry and legal entanglements by drawing up a will. It is advisable to have your will drawn up by a lawyer. The fee is minimal and well worth the investment. You can also write your own will without professional assistance. Standard forms are available at most stationery or office supply stores. You will need two competent adults, who are not mentioned in the will or married to someone named in the will, to act as witnesses to your

The Salvation Army Services to Seniors



Our purpose is to provide programs to meet the physical, emotional, social and spiritual needs of mature adults and to motivate them to develop their own unique ministry and gifts.

For more information please contact
 Captain Judy Sheppard at 902-455-1201 ext. 229
 or e-mail: judy.sheppard@sallynet.org

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signing. The witnesses must be present with the testator and witness his or her signing of the will and sign as witness to the will in each others presence.

It is important that you keep your will in a safe place that is known to your executor. Your executor is the person you wish to handle your affairs after your death. As soon as there are significant changes in your estate, your will should be updated. If your will appoints no executor or if the executor, though appointed, is unable or unwilling to act, or if you die without leaving a will the Probate Court may appoint an "administrator" to administer the estate. Your next-of-kin resident in Nova Scotia is eligible for appointment by the court to be "administrator" or "administrator with will annexed" of your estate.

Power of Attorney

A power of attorney is a legal document in which you give another person authority to act on your behalf. The person you give power to is called the attorney. You are called the principal. You are still free to deal with property, bank accounts and investments. Illness, physical infirmity or some other reason may make you unable to deal with your affairs. You may give power of attorney to anyone who is 19 years of age or older. You should choose someone you can trust and who will carry out your wishes.

It is wise to have a lawyer draw up your Power of Attorney although, you can draw up a Power of Attorney yourself, however you should talk to a lawyer who can explain the legal consequences of giving power of attorney. The document must be witnessed. The witness should not be the attorney or the attorney's spouse. Enduring Power of Attorney will allow the agreement to continue even if you become mentally incompetent.

There is also a law called the Medical Consent Act which authorizes a person to give consent to medical treatment on your behalf. This must be in writing and witnessed.

You may cancel a Power of Attorney by giving notice to the attorney, it must be in writing and signed by yourself.

For further information contact:
The Public Legal Education Society
 Phone:(902) 455-3135
 or toll-free: 1-800-665-9779

The Public Trustees office
 Phone:(902) 424-7760 (not toll-free)
 or contact a lawyer in your area

The Public Trustee is likewise eligible for appointment and may, on its initiative, apply to the Court for and be granted authority to administer your estate when others, who are eligible to do so have not applied. In certain circumstances, the Public Trustee may be entitled in priority to all other persons to apply for and be granted appointment as "administrator" or "administrator with will annexed." The Public Trustee will act as an executor of an estate when appointed by a will to do so. For further information contact:

The Public Trustee of Nova Scotia
 P.O.Box 685, Halifax, NS B3J 2T3
 Phone:(902) 424-7760; Fax:(902) 424-0616

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

The Ombudsman

The Ombudsman Office is a unique office that when necessary will provide an independent, impartial and unbiased investigation into complaints against provincial and municipal

pal government departments, agencies, and officials. As an independent and impartial Office we do not act as an advocate for the complainant nor as a representative of the government. We are an office of last resort and as such will only formally investigate a complaint if a person has taken advantage of all avenues of appeal and or redress that is available to them.

The Ombudsman, Province of Nova Scotia
P.O.Box 2152, Halifax, N.S., B3J 3B7
Toll-free: 1-800-670-1111
Local: 424-6780; Fax: (902) 424-6675

Long-Term Care

Homes for Special Care

Homes for Special Care provide a continuum of services for eligible Nova Scotians who are disabled and/or elderly and who are unable to live independently in the community. The Homes for Special Care which provide services primarily to seniors are; homes for the aged, licensed nursing homes, and residential care facilities. In 1993, responsibility for Homes for the Aged and licensed Nursing Homes transferred to the Department of Health. The Residential Care facilities continued with the Department of Community Services.

Any facility which provides care for four or more residents must be licensed under the provisions of the Homes for Special Care Act and Regulations. Standards of care are maintained in these homes through a system of inspections from the respective provincial departments. For more information on residential care facilities, contact:

Janet Bray, Director of Community Supports for Adults

Department of Community Services
P.O. Box 696, Halifax, NS B3J 2T7
Phone:(902) 424-0930

For more information on Homes for the Aged and licensed Nursing Homes, contact:
Mr. Dean Hirtle, Director, Long-Term Care
Department of Health
P.O. Box 488, Halifax, NS B3J 2R8
Phone:(902) 424-4476

Admission to a Home for Special Care

If you can pay for the cost of your care in a Home for Special Care for eighteen months or more, you are considered to be a private-paying person. This allows you to make application for admission directly to a non-municipally owned/operated home of your choice. The admission to a specific home will be an arrangement between the administrator of the home and yourself.

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www.kingswaygardens.ns.ca

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74 Non-Profit Agencies, Service Clubs & Support Groups

However, seniors who are seeking admission to a Home for Special Care and who do not have sufficient funds to pay for their care must apply to the Community Services Office in the area where they live. A worker will be assigned to the applicant and will obtain information from the applicant or someone authorized to act on the applicants behalf. Based on this information, the assigned worker will assess the applicant's need for care and his or her ability to pay for the care in the home.

Non-Profit Agencies, Service Clubs and Support Groups

Continuing Care Association of Nova Scotia

Continuing Care Association of Nova Scotia is a not-for-profit organization which represents facilities and service providers who address the needs of those in our society who need help with the daily tasks of living. Member organizations serve clients such as the elderly with restricted mobility, and the adult physically and mentally challenged community. Member organizations may be facilities which offer residential care or organiza-

tions offering support services. There are approximately 50 members in the organization, all from the Continuing Care sector.

The organization's mission is to provide leadership and direction in the field of Continuing Care for all Nova Scotians through education, by advocating on their behalf and by supporting Caregivers

This is achieved by:

- Sharing information about ways of enhancing client living;
- Establishing standards for the industry and working to encourage their adoption by government;
- Educating and involving the public in the creation of quality care for our member's clients;
- Providing education on appropriate areas to staff at all levels of the industry;
- Lobbying government and working with government for improved working conditions and other conditions in the industry;
- Sharing information of general interest in our membership;
- Working with other organizations with similar objectives to achieve our primary goal.

For further information please contact the CCANS Bloomfield Centre office at:
2786 Agricola Street, Room 119
Halifax, NS B3K 4E1
Tel: 902/453-2977; Fax: 902/453-2967

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Administrative Assistant: Debra Leigh

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Nova Scotia Association of Health Organizations

NSAHO's sixty members (representing 100+ organizations) come from a wide range of health and community service providers from across the province. These include the four regional health boards, the four non-designated hospitals, over 40 continuing care providers (nursing homes, adult residential and regional rehabilitation centers, home care and home support agencies, group homes, small options); health care foundations; and community-based health providers.

Our main services include Clinical Engineering, Education, Human Resources, Insured Benefits, and NSAHO Pension Plan, and Policy and Representation. NSAHO provides other services and programs as needed, such as Y2K support, Policy Governance and

Transition Services. Most NSAHO services operate on a fee-for-service basis, allowing member to choose the services that will truly meet their individual needs.

With our diverse membership from all areas of the health continuum and all regions of the province, NSAHO facilitates information sharing among providers and contributes system-wide provider perspectives to government and other health care agencies and associations. Non-member organizations who are providers of continuing care services may access the Continuing Care Forum which is sponsored by NSAHO to facilitate networking and collaboration among continuing care providers across the province.



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For more information contact:

NSAHO

2 Dartmouth Road

Bedford, NS B4A 2K7

Phone: (902) 832-8500

Fax: (902) 832-8505

Web page: www.nsaho.ns.ca

The Family Caregivers Association of Nova Scotia

A newly formed provincial association dedicated to the recognition and support of those who are caregiving to family or friends who are physically or mentally challenged, chronically ill, or frail elderly either at home or in a care facility. The Family Caregivers Association of Nova Scotia promotes education about the significance of the caregiver's role and their contributions to society, and advocates on their behalf. This association will address the needs and current gaps in the system, experienced by family/friend caregivers to all age groups.

For further information contact:

The Family Caregivers Association of Nova Scotia

c/o Suite 221, Quinpool Centre

6169 Quinpool Rd.

Halifax, NS B3L 4P8

Phone: (902) 422-3525; Fax: (902) 422-9611

Association of Independent Health Care Services of NS

The Association of Independent Health Care Services of NS is an association duly incorporated in 1997 as a not-for-profit society comprised of private sector Health Service Providers with a common idea that Health Services should be of the highest calibre to ensure the safety and protection of the public. The Association hopes to work with the Provincial Government to legislate standards of health care services, at all levels.

We are committed to setting a safe standard for Health Service agencies as well as monitoring the consistency in delivery of those standards. Our members represent mainland Nova Scotia, and provide a variety of Health Care Services. For further information on this new and vital association please contact:

Carol Trites

P.O. Box 285

Hantsport, NS

B0P 1P0

Phone: (902) 684-1156

The Abilities Foundation of Nova Scotia

Registered as a charitable organization since 1931, The Abilities Foundation has as our mission to assist Nova Scotia's physically disabled individuals improve their quality of life. Our services for children, teens and adults who are physically disabled include: assistance devices, job skills training centre (New Leaf Enterprises), mobile medical clinics, summer camp (Camp Tidnish); Polio Survivors Support Group, and provide information and advocacy. The Foundation offers a planned giving program, which offer significant tax benefits, the opportunity to provide for the future and the ability to give a gift while maintaining your financial security.

For more information, contact:

Faye Joudrey, Coordinator

Community and Client Services

The Abilities Foundation of Nova Scotia

3670 Kempt Rd. Halifax, NS BK 4X8

Phone: (902) 453-6000 between 8:30am and

4:30 p.m., Monday — Friday

E-mail: admin@abilitiesfoundation.ns.ca

The Alzheimer Society of Nova Scotia

The Society is a not-for-profit health charity working to improve the quality of life for those affected by Alzheimer disease. Its goals are to provide and promote education and

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support; to engage in advocacy on behalf of those affected by Alzheimer disease; and promote research into the causes and cures for this disease.

The Society offers free information packages, books and videos on loan through its Resource Centre, and speakers for clubs and organizations. Education and support meetings are held monthly at various locations throughout the province, as well as telephone support. For contact name and phone number in your local area, call the provincial office at 1-800-611-6345 (outside Metro only), or (902) 422-7961 within Metro; Fax:(902) 422-7971; E-mail: alzheime@ns.sympatico.ca or visit the website at www.alzheimer.ca. Alzheimer Society of Nova Scotia, 5954 Spring Garden Rd., Halifax, NS, B3H 1Y7

Arthritis Society — Nova Scotia Division

The Society is the only organization in Canada solely devoted to funding and promoting arthritis research, patient care and public education. Through its program of public education and information, The Society distributes factual material about the more than 100 different forms of this disease.

The Society also administers HomeCare Physiotherapy Nova Scotia (a program of the Nova Scotia Department of Health). The service is available to anyone, regardless of diagnosis, who cannot access out patient physiotherapy services.

The Arthritis Self-Management Program helps people with arthritis learn how to manage their condition. The program costs \$25.00 and includes a copy of The Arthritis Helpbook. Anyone with arthritis and/or their friends or family members can participate. For information, contact:

The Arthritis Society
2745 Dutch Village Rd.,

Halifax, NS B3L 4G7

Phone:(902) 429-7025; Fax:(902) 423-6479

Toll-free: 1-800-321-1433

e mail: info@ns.arthritis.ca

Web Site: www.arthritis.ca

Canadian Cancer Society

The Canadian Cancer Society has programs of cancer prevention, early detection and patient services to help people in our community. Disease prevention and early detection are key to maintaining and improving our health. Our volunteers teach us how healthy eating and lifestyle choices can reduce the risk of cancer, and how early detection can save lives.

In certain circumstances, the Canadian Cancer Society helps cancer patients and their families with the cost of cancer drugs, boarding and transportation required for diagnosis or treatment. Patient supplies are available on loan . Canadian Cancer Society supportive care programs help cancer patients and their families deal with the emotional, spiritual and physical needs that come with a cancer diagnosis and experience.

For more information about the Canadian Cancer Society, or to find out about volunteer opportunities, Phone:(902) 423-6183; Fax:(902) 429-6563; Toll-free: 1-800-639-0222

Improving Cardiovascular Outcomes in Nova Scotia

Nova Scotians who have heart disease, or are at risk of developing heart disease, are encouraged to join this unique project.

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WWW.ICONS.NS.CA

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One of the Canadian Cancer Society's most valuable programs is its **CANCER INFORMATION SERVICE** (1-888-939-3333). This toll-free, bilingual telephone service is available between the hours of 9 a.m. to 6 p.m. Monday through Friday. Trained cancer information specialists can help you learn more about:

- All types of cancer
- Cancer treatment
- Drugs and clinical trials
- Dealing with side effects
- Prevention and cancer screening
- Complementary therapies
- Cancer statistics
- Emotional and financial support services
- Nutrition for people living with cancer
- Where to go for help in your local community.

Canadian Diabetes Association

The Association promotes the health of Canadians through diabetes research, education, service and advocacy. A retail diabetes supply centre provides for all your diabetic needs. Pharmacare, DVA, Maritime Medical Care, Maritime Life, Confederation Life, Assure Health, Mutual Life, and Blue Cross cards are accepted. Members have the use of two diabetes supply centres, the Diabetes Dialogue Magazine, the Nova Scotia Banter

Newsletter, free educational seminars and literature on nutrition, exercise and control of diabetes. Diabetic cookbooks, menu planners and other literature are available for a charge. For more information, contact:

Sandra Backman, Executive Director
Canadian Diabetes Association, NS Division
 6080 Young St., #101,
 Halifax, NS B3K 5L2
 Phone:(902) 453-4232; Fax:(902) 453-4440

Canadian Mental Health Association — Nova Scotia Division

CMHA NS Division exists to promote the mental health of all Nova Scotians while recognizing cultural diversity. Branches of the CMHA may provide informal social support for individuals of all ages who have had mental health problems; information about mental health services and resources; public education to encourage open minds and understanding; and advocacy for improved mental health services. For more information contact:

Canadian Mental Health Association — Nova Scotia Division — 63 King Street,
 Dartmouth, NS B2Y 2R7; phone (902) 466-6600; fax (902) 466-3300;
 e-mail:cmhans@netcom.ca;
 internet:www.cmhans.org.
 Executive Director: Celeste Gotell
 or contact a branch in your area:

Annapolis County
 P.O. Box 249
 Bridgetown, NS B0S 1C0
 tel: (902) 665-4801; fax: (902) 665-5084
 contact: Beth Christie

Cape Breton
 1482 George Street
 Sydney, NS B1P 1P3
 tel: (902) 567-7735; fax: (902) 567-7905



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contact: Michelle Deveau
E-mail: cmhacbrb@cbhc.ns.ca

Colchester/East Hants County

573 Prince Street,
Truro, NS B2N 1G2
tel: (902) 895-4211; fax: (902) 895-4027
contact: Paul Tingley

Pictou County

P.O. Box 959
New Glasgow, NS B2H 5K7
tel: (902) 755-9441; fax: (902) 755-3363
e-mail: blink@ns.sympatico.ca
contact: Sherry Blinkhorn

Dartmouth

67 Oterloney Street
Dartmouth, NS B2Y 3Z9
tel: (902) 463-2187; fax: (902) 469-9918
contact: Tony Myers; Susan Sanford

Halifax

2786 Agricola Street
Halifax, NS B3K 4E1
tel: (902) 455-5445; fax: (902) 455-7858
contact: Carol Isenor

Kings County

326 Main Street
Kentville, NS B4N 1K6
tel: (902) 679-7464; fax: (902) 679-7453
contact: Daphne Knickle
E-mail: outreach@valleyweb.com

or

C/O Mail Boxes Etc.
9049 Commercial St.
New Minas, NS B4V 5A4
Tel: (902) 681-1276

Lunenburg County

25 Pleasant Street
Bridgewater, NS B4V 1M9
tel: (902) 543-1147; tel: (902) 543-1582;
fax: (902) 543-8332

contact: Brenda Peters

Pictou County

P.O. Box 959
New Glasgow, NS
B3H 5K7
tel: (902) 755-3363
contact: Sherry Blinkorn

Nova Scotia Division

63 King St.
Dartmouth, NS
B2Y 2T7
tel: (902) 466-6600
fax: (902) 466-3300

**The Canadian National Institute
for the Blind (CNIB)**

The Canadian National Institute for the Blind (CNIB) is a national voluntary agency providing services to individuals across Canada to whom loss of vision is a central problem in personal and social adjustment. The CNIB also acts as a consultant and resource agency to the helping professions, government departments and private industry. The CNIB is committed to helping anyone with a vision problem that cannot be corrected using ordinary lenses and that significantly affects the person's ability to function. The CNIB uses a team approach in which staff, volunteers and clients work together towards a set of common goals. Our purpose is to help blind and visually impaired persons achieve the lifestyle they want, both at home and in the community.

To that end, CNIB offers seven core services: rehabilitation services; counselling and referral; rehabilitation teaching, orientation and mobility training; vision rehabilitation, technical aid services; career development and library services. For more information, contact:

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Halifax District/Western NS and Colchester County:

The Canadian National Institute for the Blind
6136 Almon St., Halifax, NS B3K 1T8
Phone:(902) 453-1480

Cape Breton/Antigonish & Pictou Counties:

235 Townsend St.
Sydney, NS B1P 5E7
Phone:(902) 564-5711
Fax: (902) 562-9802

Canadian Paraplegic Association (Nova Scotia)

The Canadian Paraplegic Association (Nova Scotia) is a registered, not-for-profit organization whose mission is to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance,

and full community participation. The association supports efforts in prevention, education, rehabilitation and research. A comprehensive range of support services are provided by trained counsellors and community workers including information and emergency equipment loans.

For information contact:

Laughlin J. Rutt, Executive Director
Canadian Paraplegic Association (NS)
1310 Hollis St., Suite 150,
Halifax, NS, B3J 3P3
Phone:(902) 423-1277; TDD:(902) 425-8326
Fax:(902) 492-1213
Web Site: www.canparaplegic.org

Sydney:

165 Townsend St.
Sydney, NS, B1P 5E4
Phone:(902) 562-3291; Fax:(902) 562-2861



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Heart and Stroke Foundation of Nova Scotia

The Foundation is celebrating 40 years of service to the community. The Heart and Stroke Foundation of Nova Scotia is a non-profit voluntary health organization whose mission is to further the study, prevention and reduction of premature death and disability from heart disease and stroke through research, education and the promotion of healthy living.

The Heart and Stroke Foundation of Nova Scotia offers a variety of programs and educational resources related to the prevention and treatment of heart disease and stroke to patients and their families and to the general public. Some of these current programs include: Know your Blood Pressure by Heart, Stroke Awareness, Heart to Heart, Heart Smart Nutrition Program and Restaurant Program, and Emergency Cardiac Care/CPR. Educational materials are free to individuals. Agencies or institutions requesting in bulk pay a nominal charge to cover costs.

Since 1969, The Heart and Stroke Foundation of Nova Scotia has contributed close to \$19 million for medical research in the province. Over the past three decades, research funding from the Heart and Stroke Foundation across Canada has enabled excellence in research and made possible lifesaving advances in cardiac surgery and other treatments, including heart transplants, treatment of irregular heart rhythms, stroke, high blood and treatment of congenital heart disease. Seventeen heart and stroke research projects are currently being funded by the Heart and Stroke Foundation at Dalhousie University, the QEII Health Sciences Centre, and the IWK Grace Health Centre.

Donations to support the work of the Heart and Stroke Foundation can be made in person, by phone or by mail.

For further information, contact:

Joan Fraser, Executive Director
Heart and Stroke Foundation of Nova Scotia
Suite 204, 5523 Spring Garden Road
Halifax, NS B3J 3T1
Phone: (902) 423-7530
1-800-423-4432 (Toll-free)
Fax: (902) 492-1464

The Kidney Foundation of Canada

The Kidney Foundation of Canada is a national, volunteer organization dedicated to improving the health and quality of life of people living with kidney disease. Supported by the public and responsible for its beneficiaries, the Foundation funds research and related clinical education; provides services for the special needs of individuals living with kidney disease; advocates for access to high quality care; and actively promotes awareness of and commitment to organ donation.

For information, contact:

Ms. Marie Oxner, Executive Secretary
The Kidney Foundation of Canada,
Nova Scotia Branch,
1657 Barrington St., Suite 235,
Halifax, NS B3J 2A1
Phone: (902) 429-9298; Fax: (902) 425-5348
Toll-free: 1-800-889-5557
E-mail: kidneyfoundation@ns.sympatico.ca
Web site: www.kidney.ca

The Lung Association of Nova Scotia

Your Lung Association is a registered charity combining the work of the Tuberculosis League (Halifax 1909) and the Asthma Society (amalgamation 1986). As a volunteer driven health charity, our fundraising activities provide resources to support our dedication to improve respiratory health and fight lung disease across the province through public education,

research, patient services, and professional education for the medical community.

For information, contact:

Bill VanGorder, President CEO

17 Alma Cres., Halifax, NS B3N 3E6

Phone:(902) 443-8141 or

Toll-free: 1-888-566-LUNG (5864)

(9:00 a.m. - 4:30 p.m., Monday to Friday)

Web site: <http://www.ns.lung.ca>

Multiple Sclerosis Society of Canada — Atlantic Division

The Atlantic Division of the MS Society of Canada is a not-for-profit organization committed to finding the cause and cure for multiple sclerosis, the most common disease of the central nervous system affecting young adults in Canada today. It is our mission to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life. For more information about MS, volunteer opportunities or our special events, contact:

Multiple Sclerosis Society of Canada
(Atlantic Division)

71 Ilsley Ave., Dartmouth, NS B3B 1L5,

Phone:(902) 468-8230; Fax: (902) 468-5328

Toll-free: 1-800-268-7582;

Web site: <http://www.mssoc.ca/atl>

E-mail: msatl@ican.net

Muscular Dystrophy Association of Canada

A non-profit charitable organization whose aim is to find a cure for more than forty neuro-muscular disorders. Muscular Dystrophy Association of Canada is also committed to assisting registered clients with equipment and services so they can maintain a good quality of life.

For more information, contact:

Doris Cameron, Executive Director

Muscular Dystrophy Association of Canada
(Atlantic Division)

1888 Brunswick St., Suite 804,

Halifax, NS B3J 3J8

Phone:(902) 429-6322; Fax:(902) 425-4226

E mail: mdac.ns@netcom.ca

Osteoporosis Society of Canada

The Osteoporosis Society was established in 1982 to educate, empower and support individuals in the prevention and treatment of osteoporosis. We are a resource for patients, health professionals, the media and the general public who seek medically accurate information on the causes, prevention and treatment of osteoporosis. For information, contact:

Osteoporosis Society of Canada

33 Laird Dr., Toronto, ON M4G 3S9

Phone:(416) 696-2663; Toll-free: 1-800-463-6842

website: www.osteoporosis.ca

Parkinson Foundation of Canada

The main objectives of the Foundation are to:

- Provide hope for tomorrow, by funding research for a cure for Parkinson's and;
- Make life better today, by providing services, support, advocacy and education.

Through active participation, members of the Foundation provide many services, and hope for those affected by Parkinson's. In the Maritime Region, the Foundation provides a



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Yarmouth

network of support to people affected by Parkinson's, as well as:

- Free information, written and oral, with toll-free phone access for the Maritime Provinces 1-800-663-2468
- Monthly self-help and support group meetings, and specialized seminars;
- Weekly exercise groups in some areas;
- Resource library: videos, books and publications for loan or sale, and free brochures;
- National and regional newsletters with updates on issues and activities of interest;
- Advocacy on issues of interest to people affected by Parkinson's.

These services are some of the many benefits of membership in the Foundation. Membership in the Foundation only costs \$25.00 per year.

The tulip is the floral symbol of Parkinson's, and bulbs are sold by the Foundation for fall planting.

For more information, contact:
Janet Gammon, Executive Director
The Parkinson Foundation of Canada,
Maritime Region,
5475 Spring Garden Rd., Suite 407,
Cornwallis House, Halifax, NS B3J 3T2
Phone:(902) 422-3656; Fax:(902) 422-3797
Toll-free: 1-800-663-2468

Parkinson Foundation of Canada — Maritime Region Chapter and Support Groups

For further information on chapter and support group meetings, call: 1-800-663-2468. The Foundation has chapters and affiliates in the following locations:

Nova Scotia:

Amherst/Springhill
Bear River
Halifax/Dartmouth
Kings County
Lunenburg/Bridgewater

Antigonish

Lockeport
Sydney

Truro
Pictou County

Prince Edward Island:

Charlottown
East Prince County

New Brunswick:

Chatham
Moncton
Miramichi

Fredericton
Saint John

For more information, contact:
Janet Gammon, Executive Director
The Parkinson Foundation of Canada,
Maritime Region
5475 Spring Garden Rd., Suite 407,
Cornwallis House, Halifax, NS B3J 3T2
Phone:(902) 422-3656; Fax:(902) 422-3797;
Toll-free: 1-800-663-2468

Psoriasis Society of Canada

The Society is an organization of support groups across Canada. Its aims are to:

- Increase awareness of the disease;
- Form support groups across Canada;
- Consult with government to assist with programs and services;
- Encourage research programs.

In October of each year the National Psoriasis Society holds a walk-a-thon.

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84 Non-Profit Agencies, Service Clubs & Support Groups/Publications

For information, contact:

Judy Misner, President

Psoriasis Society of Canada

P.O.Box 25015, Halifax, NS B3M 4H4

Phone:(902) 443-8680; Fax: (902) 457-1664; Toll-free: 1-800-656-4494

Web site: www.psoriasisociety.org

The Canadian Liver Foundation, founded in 1969, was the first organization in the world devoted to providing support for research and education into the causes of liver disease. Through a private grant in memory of H.W. Knight Jr. as well as a Research Fellowship and a Research Scholarship, the Canadian Liver Foundation, to date, has directed more than \$6 million to medical research programs.

Canadian Liver Foundation

The Canadian Liver Foundation continues to honour its original mandate of reducing the incidence and impact of all liver diseases. It provides support for research and education into all causes, diagnosis, prevention and treatment of liver disease.

The Canadian Liver Foundation provides many services for liver disease patients, their families and the public, including:

- Education programs such as the Living With Liver Disease Program based on the needs of patients and health care professionals;
- Over 30 volunteer chapters from coast to coast serving Canadians in their own communities;
- Information services including telephone, mail and Internet; brochures on many liver and biliary tract diseases;
- public awareness activities to create a better understanding of the liver;
- promoting organ donation awareness campaigns to increase the supply of organs for Canadians in need of liver transplant.

For more information, contact:

Ms. Billie Pottconjak

Canadian Liver Foundation

Suite 200, 365 Bloor Street East,

Toronto, Ontario, M4W 3L4

Phone:(416) 964-1953; Fax:(416)964-0024

Or Halifax Chapter, Karen Cooke, phone (902) 455-5969

Recreation Nova Scotia

Recreation Nova Scotia exists to lead all Nova Scotians and communities towards healthier futures through advocacy and services that promote the values and benefits of recreation. Recreation Nova Scotia is a vibrant new organization resulting from a merger of the Recreation Association of Nova Scotia, the Recreation Council on Disability in Nova Scotia and Volunteer Nova Scotia.

Our Directory of Programs and Services include:

- 1) Annual Conference and Awards;
- 2) \$1,000.00 Liability Insurance and Special Event Insurance Programs;
- 3) Workshops:
 - a) Training Leaders in Activating Inclusion Workshops;
 - b) Volunteer Training Workshops
 - c) Provincial Volunteer Week
 - d) Annual Lottery
 - e) Go For Green Fund
 - f) Resource Publications

Recreation Nova Scotia

5516 Spring Garden Road, Suite 312

P.O. Box 3010 South

Halifax, NS B3J 3G6

Tel: (902) 425-1128

Fax: (902) 422-8201

E-mail: rns@sportns.ns.ca

website: www.rns@sports.ns.ca

Royal Canadian Legion

With 119 Branches in Nova Scotia, the Royal Canadian Legion stands ready to assist Veterans, and senior citizens generally in all times of need. For years, many Branches have

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been helping seniors with health and home support programs; as well as loans of wheel-chairs, crutches, and other apparatus to seniors. Many branches provide hot lunches. Check the branch in your area for this service.

Seniors requiring assistance may call the Service Officer of the Legion Branch nearest then or contact:

The Royal Canadian Legion
Nova Scotia Command Officer
5621 Rainnie Dr., P.O.Box 9075, Station A
Halifax, NS B3J 3T8; Phone: (902) 429-4090; Fax: (902) 429-7481

Support Programs

Early Alzheimer Support Program

This program is for individuals diagnosed in the early stages of Alzheimer Disease. This support group is lead by trained professionals with extensive experience with persons and families affected by a memory disorder. The program consists of eight sessions at the QEII Heath Sciences Centre Camp Hill Veterans Memorial Building in cooperation with the Alzheimer Society of Nova Scotia. For more information contact the Alzheimer Society of Nova Scotia at 902-422-7961 or 1-800-611-6345

Alzheimer Society of Nova Scotia Family Education Support Groups

The Alzheimer Society has 32 locations in the province that offer support and information to families. This information is available during monthly meetings to assist families earning about Alzheimer Disease and other dementias. There may be occasional guest speakers, video presentations and opportunity to learn from other families experiences. In

areas where meetings are not held, the volunteer community leaders provide telephone support. For more information contact the Alzheimer Society at 1-800-611-6345

Halifax Stroke Club

The Halifax Stroke Club is a self-help group for stroke survivors, family and friends which offers support and companionship. Members participate in games, outings and group discussions, as well as weekly exercises conducted by a professional physiotherapist. Meetings are held every Tuesday between 1:00 pm and 3:30 pm (accept during July and August) at the Senior Citizens Centre, 5755 Sackville St. The group provides fellowship and understanding to help rebuild the survivors self-confidence and independence. For more information, contact:
Halifax Stroke Club
5755 Sackville St., Halifax, NS B3H 2C9
Phone:(902) 423-2861

Publications

Senior Citizens' Secretariat Newsletter

Information on seniors issues and events, locally and nationally. Printed four times a year. Contact:
Senior Citizens' Secretariat



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P.O.Box 2065, Halifax, NS B3J 2Z1
 Phone: (902) 424-4737; Toll-free: 1-800-670-0065

The Seniors' Information Directory & Buyers Guide

This bi-annual reference, in its 16th year of printing, offers a guide to services. Articles may be submitted for publication. Contact: Lorne Urquhart
 P.O.Box 468, Dartmouth, NS B2Y 3Y8
 Phone: (902) 468-1081

The Seniors' Advocate

Bi-monthly newspaper addressing issues of concern to the 50+ market, 16th year of printing. Contact: Lorne Urquhart
 P.O.Box 246, Waverley, NS B0N 2S0
 Phone: (902) 468-5233

Recreation and Leisure

Sport and Recreation Commission Regional Services

The Sport and Recreation Commission has five regional offices and staff to work with individuals, municipalities and partner organizations to provide all Nova Scotians with equal opportunities for recreation involvement.

The Little Red Schoolhouse Program helps community organizations make improvements to existing buildings for use as community centres. Community Development Grants supported senior games and the establishment of new programs.

For more information, contact the regional office in your area.

Cape Breton

Coleen Chisholm
 338 Charlotte St., Sydney, NS B1P 1C8
 Phone: (902) 563-2380
 e-mail: accessns.sydney.chishoco@gov.ns.ca

Central

Nelson Ellsworth
 P.O.Box 864, 5516 Spring Garden Rd.,
 2nd Floor, Halifax, NS B3J 3G6
 Phone: (902) 424-7622; Fax: (902) 424-0520
 e-mail: hlfxgnrl.spor.ellwojn@gov.ns.ca

Fundy

Jim Campbell
 35 Commercial St., Suite 101,
 Truro, NS B2N 3H9
 Phone: (902) 893-6215; Fax: (902) 893-6108
 e-mail: accessns.truro.jcampbel@gov.ns.ca

Highland

Gary Boone
 257 Main St., Antigonish, NS B2G 2C1
 Phone: (902) 863-7380; Fax: (902) 863-7477
 e-mail: Internet: gboone@aurucom.com

Western

Debby Smith
 99 High St., Suite 200,
 Bridgewater, NS B4V 1V8
 Phone: (902) 543-5000; Fax: (902) 543-0676
 e-mail: Internet: debsmith@fox.nstn.ca

Municipal Recreation Directors

Most municipal units in Nova Scotia have recreation commissions with a chair and one or more staff. The names of the staff directors/coordinators serving these commissions are as follows:

Cape Breton Region:

Cape Breton Co.

John Fraser.....	563-5510
Inverness County	
Port Hood - John Cotton.....	787-2274
Port Hawkesbury - Jim Pyke.....	625-2591
Richmond County	
Arichat - Clifford Boudreau.....	226-2400
Victoria County	
Baddeck - Tom Wilson.....	295-3231

Highland Region:

Antigonish Town - Raff Henderson.....	
.....	863-3686
Antigonish County - Marlene Melanson.....	
.....	863-1141
Canso - Vacant.....	366-2525
District of Guysborough -	
Phil M. Hochman.....	533-3508
Mulgrave - Janice Rand.....	755-8363
New Glasgow - Bud Brown.....	752-8209
Town of Pictou - Gerard MacIsaac.....	
.....	485-6057
Pictou County - Cindy Fraser.....	485-8528
District of St. Mary's -	
Wilfred Alexander.....	522-2598
Stellarton - Michael Thompson.....	752-8944
Trenton - Martin Bates.....	752-1019

Fundy Region:

Amherst - Red Faulkner.....	667-9557
Oxford.....	447-2189
Springhill - Pamela Adams.....	597-3794
Colchester County - Rosemary Wort	
.....	897-3155
Truro - Doug MacKenzie.....	895-4484
Bible Hill - Michelle Richard.....	893-8083
District of East Hants -	
Linda Atkinson.....	758-2715

Parrsboro.....	254-2036
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Central Region:

Halifax Regional Municipality, Recreation and Leisure Services General Manager Programs.....	490-4734
--	----------

Western Region:

Annapolis

Municipality of Annapolis County -	
Debra Ryan.....	532-2334
Town of Annapolis Royal	
Grant Potter.....	532-7667
Town of Bridgetown	
Bob Powell.....	655-2938
Town of Middleton	
Deborah Pyne.....	825-5500

Digby

District of Clare -	
Joanne Lebars.....	769-2031
District of Digby -	
Larry Williams.....	245-5006

Yarmouth

District of Argyle -	
Frank Grant, Acting Director.....	648-3379
Yarmouth - Jeffrey Gushue.....	742-8868

Shelburne

Clark's Harbour - Anna Kenney.....	745-0226
District of Barrington -	
Ray Green.....	637-2760
Lockeport -	
Cynthia Townsend	656-2565
Shelburne Mun.-	
Marilyn Johnston.....	875-3544
Shelburne Town - Jerry Locke.....	875-3873

Queens

Queens Mun.- Norman Amirault....	354-5741
Lunenburg	
Chester- Grace Taylor.....	275-3490
Bridgewater -	
Carol Pickings-Anthony.....	543-2274
Lunenburg Mun.- Carol Randall...	543-1354

Recreation and Leisure

Lunenburg Town - Robin Scott.....634-4006
 Mahone Bay-Derrick MacKenzie...624-9859
 Kings
 Berwick - Jill Bishop.....538-8902
 Kentville- Mark Phillips.....679-2540
 Kings County - Bob Suffron / Ted Meldrum
678-6141
 New Minas - Bruce MacArthur.....681-6577
 Wolfville - Janet Landery.....542-2400
 West Hants Windsor Town -Angela
 Green.....798-3910

Dist. West Hants-
 Kathy Kehoe.....798-8391

Other Recreational Leisure Activities

YMCA of Greater Halifax/Dartmouth

The degree of independence you have in your life is directly related to how active you are in body, mind, and spirit. The YMCA offers a number of healthy lifestyle programs called Pryme Tyme which are designed specifically for older adults and taught by certified instructors.

These programs include Aquafit, Seniors Swim, 50+ fitness classes, Pryme Tyme Strength Training, Badminton, Tai Chi,

Creepily Yoga, Social Dance, Aquacise for Arthritics, and Change of Heart (post heart attack fitness).

Elderobics Fitness Instructors' Specialty Workshop

Are you interested in Older Adult Fitness Certification?

A certification of participation will be issued to each participant in this workshop. If you complete an additional 8 hours of practical teaching in the Elderobics program and are favourably evaluated by a YMCA Trainer of Trainers you will be awarded a YMCA specialty certificate in Older Adult Fitness. For information please call Jean Shaw at 423-9709 ext.269.

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program designed especially for men and women over 55 years of age, offered two and three times a week in 10 community locations, at St. Andrew's United Church, Northwood Activity Centre, Emmanuel Church, Fairview United Church, St. John's United Church, Sir John Thompson Manor, Rockingham United Church, and St. Philip's Church in Halifax, at Findlay Community Centre and Dartmouth North Community Centre in Dartmouth.



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*The Canadian Consumer's
 Guide to Health Care*
 How to Get the Most Out of Your
 Health Insurance
 by Peter A. W. Smith
 0-07-086047-5 • \$22.99 • 320 pages

For further information about class times, registration, and class fees please call Jean Shaw at the YMCA 423-9622, Ext. 269.

It's Never Too Late For Weights

A strength training program for older adults. This program runs Monday, Wednesday and Friday mornings from 9:30 - 10:30. Experienced staff members design personal weight training routines for participants and oversee all activity.

Walking Programs

There are a number of organized Seniors' Walking Programs in Nova Scotia. This is a list of some of the groups that get together to go for a walk:

Barrington Recreation Department.....	(902) 637-3254
Tiverton Islands Super Seniors, Digby Co....	(902) 839-2866
Westport Island Super Seniors, Digby CO....	(902) 839-2604
L.A.M.P. Hants County Seniors, Windsor.....	(902) 798-4913
North Mountain Walkers, Granville Ferry....	(902) 532-2658
Central Nova Volkspport Club, Truro.....	(902) 895-9344
Ticker Troop, Dartmouth.....	(902) 466-5463

Seniors' Expo

Life is What You Make It

Seniors' EXPO is a special forum in which people in the 50+ age group and their families can experience and learn about products, programs and services available in today's marketplace. Of interest during EXPO are the exhibits, main stage entertainment, the hobbies/crafts area, and educational seminars. Many visitors to EXPO are impressed by the many talents and energy of the 50-plus age group.

For information, contact:

Valerie White, Chairperson

Seniors' EXPO

P.O.Box 2065, Halifax, NS B3J 2Z1

Phone:(902) 424-0065; Toll-free: 1-800-670-0065

Nova Scotia Seniors' Art Gallery

The gallery, a project of the Senior Citizens' Secretariat, is ongoing and is available to all persons 50+ who wish to participate. When one painting is sold, the artist is contacted and may replace it with another. The Gallery is located at The World Trade and Convention Centre, 1800 Argyle St., Halifax and is open daily and weekends. For further information, contact:

Valerie White, Coordinator

Senior Citizens' Secretariat

P.O.Box 2065, Halifax, NS B3J 2Z1

Phone:(902) 424-0065;

Toll-free: 1-800-670-0065

Nova Scotia Seniors'

Photo Gallery

The Photo Gallery, a project of the Senior Citizens' Secretariat, is available to all persons 50+ who reside in Nova Scotia and who are interested in displaying or selling their works. For further information, contact:

Valerie White, Coordinator

Senior Citizens' Secretariat

P.O.Box 2065, Halifax, NS B3J 2Z1

Phone:(902) 424-0065; Toll-free: 1-800-670-0065

Ski Atlantic Seniors' Club

Membership is open to persons over 55 who have retired from full-time employment or have reached age 65. A fee of \$145 per year entitles members to a ski area pass during weekdays (but not Saturdays or Sundays) at local ski resorts (Ben Eoin, Cape Smokey, Keppoch, Martock, Wentworth and the New Brunswick areas of Crabbe and Poley).

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Group lessons in Alpine skiing are available to beginners during arranged outings as well as through discounts with ski shops.

For more information, contact:

Ken Antoft

Ski Atlantic Seniors' Club

Site 4, Box 3B8

R.R. # 1, Tantallon, N.S. B0J 3J0

Phone: (902) 823-3024

Nova Scotia Department of Natural Resources

In provincial parks with overnight camping facilities, seniors may stay at a reduced rate. The Department of Natural Resources has a brochure available which lists all of the provincial parks, including those that are wheelchair accessible. Seniors **MUST** purchase general sport fishing licences, but licences to hunt small and big game are free to seniors.

Salmon fishing is regulated by the federal government and requires also that all senior citizens purchase licenses for that sport. For more information on these, contact:

Department of Natural Resources
P.O. Box 698, Halifax, NS B3J 2T9
Phone: (902) 424-5935

FEDERAL SUPERANNUATES NATIONAL ASSOCIATION

Serving retirees of the

- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police

For Local Branch Information Contact:

Ken Brown, Regional Director, Nova Scotia

Box 223, Cornwallis, N.S. B0S 1H0

Tel: (902) 638-8783

email: halc@ns.sympatico.ca

fax: (902) 638-3285



Seniors Centres

Seniors Centres are places where older people may go to meet one another; receive services and participate in activities designed to enhance their dignity; support their independence; and encourage their involvement in the community.

Seniors Centres Association of Nova Scotia (SCANS)

SCANS aims to encourage the establishment of new centres where the community has identified the need; and to link seniors centres from across the province. Individuals interested in forming seniors centres are welcome to become members of the Association. For further information, contact:

Lucy Riley

6095 Coburg Rd., Apt. #206,

Halifax, NS B3H 4K1

Phone: (902) 429-1585

Contact the following centres for more information on the programs and services in your area:

Central Region

Spencer House

5596-Morris St., Halifax, NS B3J 1C2

Phone: (902) 421-6131

Staff: Deborah Dostal

Northwood Multi-Purpose Centre

2615 Northwood Terrace,

Halifax, NS BK 3S5

Phone: (902) 454-8311

Staff: Pauline Scott

Bloomfield Centre

2786 Agricola St., Halifax, NS BK 4E1

Phone: (902) 490-4629

Volunteer contact: Sister Helen Darte

Chebucto Links (West End Outreach)

St. Matthias Church Hall

Mail to: c/o 2080 Windsor St.,

Halifax, NS B3K 2B5
Phone:(902) 422-3525; Fax:(902) 422-9611
Staff: Gail Bruhm

Rockingham Community Centre
199 Bedford Hwy., Halifax, NS B3M 2J9
Phone:(902) 490-4686
Staff: Sharon MacVicar

Dartmouth Senior Kiwanis Multi-Service Centre
45 Ochterloney St., Dartmouth, NS B2Y 4M7
Phone:(902) 465-5578; Fax:(902) 465-2755
Contact: Dorothy Theoret

Sackville Seniors' Advisory Council
Downsview Mall, Mezzanine Floor
P.O.Box 712, Lwr. Sackville, NS B4C 3V3
Phone:(902) 864-5591
Staff: Jackie Cajolais

Cape Breton Region
Louisburg Fortress Club
Louisburg, NS B0A 1M0
Phone:(902) 733-2041
Volunteer Contact: Iris Stevens

Steelworkers and Sydney Pensioners Club
30 Inglis St., Sydney, NS B1P 6R2
Phone:(902) 539-3399

North Shore Region
Valley View Villa
R.R. #1, Stellarton, NS B0K 1S0
Phone:(902) 755-5780
Staff Contact: David Lank

Senior Citizens' Drop-In
Aberdeen Mall, 610 East River Road
New Glasgow, NS B2H 3S2
Phone:(902) 752-3700

Club 60
P.O.Box 1012, Antigonish, NS B2G 2L3
Phone:(902) 863-3649

Pictou County New Horizons Seniors' Centre
Front St. (Old Train Station),
Pictou, NS B0K 1H0
Phone:(902) 485-5538
Volunteer: Katherine MacKenzie

Greenfield Oldsters
Melrose, Guysborough County, NS
Phone:(902) 833-2524
Volunteer Contact: Alice Sutherland

Seniors' Information Centre
Hillcrest Manor
12 Manor Dr. Truro, NS B2N 6T1
Phone:(902) 895-2891

Truro VON Day Program
Johnson Manor
Phone:(902) 893-3803
Contact: Janet Simms

Valley Region
L.A.M.P. -
Fort Edward Mall, P.O.Box 427,
Windsor, NS B0N 2T0
Phone:(902) 798-4913
Volunteer: Vivian MacMillan

Berwick and Area Senior Citizens' Centre
Main St., Berwick, NS B0P 1E0
phone:(902) 538-7246

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• Toll Free 1-800-565-3394

South Shore Region

Bridgewater Senior Citizens' Club
123 Empire St., Bridgewater, NS, B4V 2L9
Phone:(902) 543-0028
Volunteer contact: Arthur Anderson

Sunnyside Senior Centre
High School, Chester Grant
Lunenburg County
Phone:(902) 627-2961
Volunteer Contact: Alex Thorpe

Loyalist Senior Club
Mowatt St. North,
Shelburne, NS B0T 1W0
Phone:(902) 875-3998
Volunteer Contact: Phyllis Seaboyer

Western Region

Bear River New Horizons Centre
Bear River, NS B0S 1B0
Phone:(902) 467-3025
Volunteer: Thelma Buckler

Tiverton Drop-in Centre
Tiverton, Long Island B0V 1G0
Phone:(902) 839-2738
Volunteer: Bertha Ruggles

Freeport Drop-in Centre
Freeport, Long Island B0V 1B0
Phone:(902) 839-2559
Volunteer: Frank Thomas

Westport Drop-in Centre
Westport, Briar Island B0V 1H0
Phone:(902) 839-2052;
Volunteer: Connie Bisson

Les Femmes Acadienne de Clare
P.O.Box 31, Saulnierville, NS B0W 2Z0
Phone:(902) 769-2471
Volunteer: Edith Comeau-Tufts

Yarmouth Golden Age Club
10 Collins St., (2nd St. Entrance),
Yarmouth, NS B5A 3C4

Phone:(902) 742-2925
Volunteer: Mary Power

Nouveau Horizons de la Baronnie
Fire Hall, West Pubnico, NS
Phone:(902) 762-2352
Volunteer: Aline d'Entrement

Seniors' Clubs and Councils**Societies' Act**

Senior Citizens' Clubs, Councils, and other organizations may become incorporated under the Societies' Act. There is a \$35.00 fee to have an application processed. For more information or to obtain an application form, contact:

Registry of Joint Stock Companies
Maritime Centre, 1505 Barrington St.,
9 North,
P.O.Box 1529, Halifax, NS B3J 2Y4
Phone:(902) 424-7770
Access Nova Scotia Toll-free: 1-800-225-8227

Directory of Seniors' Clubs and Councils

This directory lists the Seniors' Councils and the Seniors' Clubs in Nova Scotia. Copies are available from:

Senior Citizens' Secretariat
1740 Granville St., Halifax, NS B3J 2Z1
Phone:(902) 424-0065; Toll-free: 1-800-670-0065

Transportation**Nova Scotia Safety Council — 55 Alive Safe Driving Program**

55 Alive is a national mature driver refresher course. The course consists of 6 hours of

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classroom instruction only, commonly offered over two mornings. There are no tests nor any negative effect on the license. For more information, contact:

The Nova Scotia Safety Council at 454-9621; Fax:(902) 454-6027

Transport 2000

This is a volunteer consumer movement formed to promote public transport. The organization is involved in research, consumer advocacy and education, touching all aspects of public transportation in the Atlantic Provinces.

Transportation is a central issue affecting seniors. For more information, contact::

John Pearce

Transport 2000 Atlantic

Box 268, Dartmouth, NS B2Y 3Y3

Phone:(902) 469-3474; Fax:(902) 469-3637

Email: JK.Pearce@ns.sympatica.ca

Metro Transit

In The Halifax/Dartmouth/Metro area, Metro Transit offers a special fare policy for senior citizens. Seniors 65+, may receive a discount fare when purchasing a seniors' metro pass or 20-ticket sheet, or when paying a cash fare.

For more information, contact:

Metro Info Line: 421-6600

(TDD 421-2545)

Handi-Trans-Transit Cape Breton

These lift equipment vehicles serve seven municipalities in Industrial Cape Breton. For more information contact:

Transit Cape Breton

Cape Breton Regional Municipality

320 Esplanade St. Sydney, NS B1P 1A8

Phone:(902) 539-8124

Volunteer Resource Centre

The Volunteer Resource Centre, Sydney, NS,

coordinates and administers the following programs: Meals on Wheels, Each One Teach One, a friendly visiting service, transportation, and snow shovelling; and recruits volunteers for other agencies. It is a non-profit organization and a member of the United Way of Cape Breton.

For more information and referral, contact: Kay Batherson at (902) 562-1245

Able Transit — Truro

Serves Truro and surrounding area through Disabled Consumers' Society of Colchester Co. Phone:(902) 895-2110

Shuttle Services to Halifax

Yarmouth to Halifax Daily Campbell's Shuttle Service

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Health Care Shuttle

Health Care Shuttle provides shuttle return service (door to door) to Halifax. Drivers will escort/assist client in and out of hospitals, doctors offices if required, by appointment only.

For more information, contact:

Hugh Cameron

Health Care Shuttle

R.R.#2, Pictou, NS B0K 1H0

Phone:(902) 485-8710

Valley Drug Mart Health

Owners of the Health Care Shuttle offer a daily shuttle service to Halifax and return for patients having appointments with their specialists through Monday to Friday. All donations greatly appreciated.

For more information, contact:
Valley Drug Mart Health
29-30 Commercial St.
Middleton, NS B0S 1P0
Phone:(902) 825-4824

Access-A-Bus

This transportation service is available to persons with disabilities within the Metropolitan area of Halifax, Dartmouth, Bedford and those sections of Halifax county served by Metro Transit. Persons with disabilities who live within the Metro Transit service area and who are registered users of other systems, may be provided with courtesy services by Access-A-Bus when space is available. Anyone wishing to apply for Access-A-Bus service must complete and return an application. The fare is \$1.55 one way.

For more information, contact:
Phone:(902)490-6681 (registration) or
(902) 421-2999 (dispatcher) or 490-6999
(scheduling);Fax:(902) 490-6688

Callow Wheelchair Buses Group Transportation

Group recreational transportation to accommodate individuals in wheelchairs as well as those unable to use conventional forms of transportation. A minimum donation is requested at time of placing an order for an outing.

For information contact:

Pat Fletcher, Executive Director or
Rosemarie Leblanc, Secretary
P.O.Box 33034, Halifax, NS B3L 4T6
Phone:(902) 422-9433

Canadian Red Cross Society Transportation Service

The transportation service provides free, door-to-door transportation to persons who require transportation to and from medical care (i.e. doctor's appointments, clinic attendance, day hospital, etc.). The service is available Monday to Friday in Halifax and Dartmouth cities only. There is no charge, but donations are gratefully accepted.
Phone: (902) 496-0103

Senior Wheel Association — Bridgewater

Senior Wheel Association runs an eight-passenger, wheel chair accessible bus in and around the town of Bridgewater for senior citizens and disabled persons of all ages. The service is free and is sponsored by the Kiwanis Club of Bluenose Golden K on a volunteer basis. The bus runs every day and some evenings on request. Clients are asked to phone one day ahead so that optimum use can be made of the bus.

Senior Wheel Association is pleased to share

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(in the former Sobey's Supermarket)
902-425-7400

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information on the formation and operation of their service with others interested in establishing a similar service. For further information or to reserve the bus, contact: Senior Wheel Association
P.O.Box 381, Bridgewater, NS B4V 2W9
Phone:(902) 543-2255 (answering service)

Volunteer Opportunities

Volunteer Resource Centres

These centres coordinate their own activities which you may be interested in becoming involved in and, also have lists of other agencies and what kind of volunteers they are looking for.

Halifax.....(902) 423-1368
Dartmouth.....(902) 464-1440
Sydney.....(902) 562-1245

Good Neighbours

The Good Neighbours Campaign in Nova Scotia is patterned after the Good Neighbours Campaign in Ontario and is sponsored by the Royal Bank of Canada and the Nova Scotia Provincial Government. The program was officially launched April 27, 1993.

Good Neighbours is a public awareness campaign targeted at all segments of the community, particularly the frail, isolated or vulnerable.

Good Neighbours promotes an attitude to encourage people to reach out and help one another and to create caring, sharing and friendly communities. It inspires communities to build on existing good will and encourages ideas and responses that assist individuals to live independently in their communities. For further information, contact:

Good Neighbours
c/o The Senior Citizens' Secretariat

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1740 Granville St.
4th Floor Denis Building
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Seniors' Goodwill Ambassador Program

The Seniors' Ambassador Program is part of a government project initiated in order to promote Nova Scotia at home and abroad by utilizing the skills of volunteers 50 years of age and older.

Having resided in Nova Scotia for many years, these ambassadors are well equipped to promote both the potential and positive aspects of their local areas as well as the beautiful province of Nova Scotia as a whole. For further information, contact:

Seniors' Goodwill Ambassador Program
c/o The Senior Citizens' Secretariat
1740 Granville St.
4th Floor Denis Building
P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-4737; Toll-free: 1-800-670-0065

A Visit Into The Past

A perfect Nova Scotia outing is an excursion to visit the historic Ross Farm Museum, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Hwy. 103)

At this fully restored living museum of agriculture you can glimpse a gentler, peaceful time when people, animals and nature worked together in harmony. Talk with museum interpreters in period costumes who demonstrate crafts from the early days such as spinning wool and flax to make thread for clothing, wooden spoon and barrel making, as well as watching the master blacksmith make horse or ox shoes. He always has a few irons in the fire. The entire farm museum illustrates farming heritage

while presenting the story of this 1816 settlement of inland Nova Scotia.

Overlooking Lake Lawson in a picturesque setting in Lunenburg County, the museum features eight historic buildings, a reception centre and gift shop. Crop plant species of the historic period such as flax are grown and harvested in the gardens. These and the heritage animals, chickens, wild turkeys, oxen reinforces both the agricultural and historic themes. Implements and artifacts on display in the barn illustrate agricultural developments in Nova Scotia through the years. In addition to the historic site itself, there are nature trails, horse drawn wagon rides, a gift shop, and a variety of participatory activities. Plan at the very least to spend a couple of hours when you come.

The air is fresh and pure, the farm sound relaxing and reassuring that some place in this hurried world of ours is still peaceful, quiet and has lasting value.



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